



TL Proud to be part of the
Transforming Lives Educational Trust

ASHLAWN SCHOOL

Newsletter Issue Date:
Friday 18 October 2019

Principal:
Mrs S Evans

Tel: 01788 573425

Email: info@ashlawn.org.uk

Website: www.ashlawn.org.uk

Message from the Principal

I was delighted to welcome to Ashlawn this week a number of parents who attended our first Parent Forum. With Mental Health and Wellbeing being the focus, I invited Mr Unwin, our Wellbeing Champion and two of our student leaders, Georgia and Aron to lead the session. I hope that everyone left with a greater understanding of the work that we do in school to support student wellbeing and with some ideas of the best ways to support our young people to develop excellent mental health.

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

As schools, we are part of the first level of support for positive mental health. Working in partnership with parents we want to promote the best ways for our students to gain and maintain good habits that contribute to mental wellbeing. This starts with the Ashlawn ethos of Respect - for yourself and for others. It continues with the way that students are encouraged to practice healthy behaviours; in the way that they behave around and towards others and the way that they are able to develop through our Personal Development Programme. We are proud that so many of our students do conduct themselves well and that they want to help others.

Keep an eye out in future editions of the newsletter for Top Tips to support your child at home.

Siobhan Evans

Key Stage 3 Curriculum

Parents with older children at Ashlawn may have noticed some changes in the Key Stage 3 curriculum. The changes and rationale are outlined below.

This year, for the first time Year 7 students have had a series of taster lessons in Modern Foreign Languages. We have put this in place so that students will be able to choose which language they study to GCSE. We felt that this was preferable to being assigned a language to study. While unfortunately we cannot guarantee first choice, we will certainly do our best to enable your child to study the language/s of their choice.

Expressive Arts and Design Technology are also being taught in a slightly different way this year as they now operate on a rotation. This has allowed students in Years 7 and 8 to benefit from Religious Studies being on their timetable. We feel that it is very important that our students develop an understanding of religious beliefs as well as to develop critical thinking skills around moral questions, and to appreciate the importance of tolerance and the celebration of difference.

You may also note that all students now have a specialised reading lesson in Years 7 and 8. We want all of our students to continue to develop their reading ability and levels of comprehension; even when they are considered to be confident readers. We know that as young people reach their teenage years, they often stop reading for pleasure. The ability to read and comprehend layers of meaning is a great stepping stone to success in future years and we want all of our students to benefit from this opportunity.

Artwork of the Week

by Freya, Year 13



Hot Chocolate Friday

Each week Heads of Year nominate one student from their year group to be rewarded for a variety of different reasons by having hot chocolate and cookies with Mrs Evans at break time on Friday.

This week's invitees were: Ben – Year 7, Ismey – Year 8, Holly – Year 9, Matthew – Year 10, Daniel – Year 11, Daniel – Year 12 and Shakeira – Year 13.

Congratulations to them all.





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We are extremely proud and excited to tell you that Daniel (Year 12) and Matthew (Year 10) were both selected to receive a British Citizen Youth Award.

They received an invitation to attend a formal medal presentation and afternoon tea at the Palace of Westminster on Wednesday 16 October, followed by an open top bus around London.



They received the award in recognition of their commitment and generosity to the fundraising work they undertake for Birmingham Children's Hospital.

Earlier this year they were awarded "Young Fundraisers of The Year" by Birmingham Children's Hospital.



Motionhouse

We are delighted to invite you to join leading UK dance-circus company Motionhouse in a half-term dance workshop during half-term.

Date: 30 October 2019

Age 8-11 = 10:00 am -12:30 pm

Age 12-17 = 1:30 pm - 4:00 pm

Venue: Rugby School, Macready Theatre, Foyer

Cost: FREE

Tickets are available at <https://www.ticketsource.co.uk/rugby-arts>

There are only 20 places per workshop

Macready Theatre

Rugby School

01788 556 203

fs@rugbyschool.net www.thefestivalontheedge.co.uk www.macreadytheatre.co.uk

www.thefestivalontheedge.co.uk



What's on next week:

Friday 25 October – School Closes at 3:20 pm for half-term



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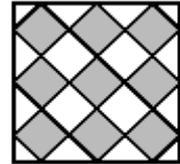
Maths Brain Teasers of the Week—No: 5

Have a go at these problems to challenge yourself. Answers will be published in the next newsletter.

Junior (Years 7-8)

In the diagram, the small squares are all the same size. What fraction of the large square is shaded?

- A $\frac{9}{20}$ B $\frac{9}{16}$ C $\frac{3}{7}$ D $\frac{3}{5}$ E $\frac{1}{2}$



Intermediate (Years 9-11)

If the numbers 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 are all multiplied together, how many zeros are at the end of the answer?

- A 1 B 2 C 3 D 4 E 10

Senior (Years 12-13)

In a sale, a shopkeeper reduced the advertised selling price of a dress by 20%. This resulted in a profit of 4% over the cost price of the dress. What percentage profit would the shopkeeper have made if the dress had been sold at the original selling price?

- A 16% B 20% C 24% D 25% E 30%

Answers to last week : Junior: E Intermediate: D Senior: E

Music Clubs – held in MU1/MU2

Monday Lunch – Choir – all welcome

Wednesday Lunch – Theory Club, any grade – bring your book or questions

Wednesday Lunch – Guitar Club – some playing experience required – see Mr Baidoo if you are interested

Thursday Lunch – STOMP – entry by informal audition – see Miss Bond

Thursday Lunch – Ashlawn Chamber Ensemble – Grade 5 and above – see Mrs Solway for an audition

Friday Lunch – Orchestra – all orchestra players welcome

Students should arrive promptly at 1:40 pm. Students may wish to buy lunch at break or bring sandwiches. Students may eat their packed lunch in the music department.

In addition, if students wish to use the music practice rooms and equipment before school, at break or lunch, or after



A polite reminder to parents/guardians when collecting or dropping off students, please park courteously and with thought for the residents in the local area.

**Please do not
park on
grass verge**

Lunch Menus

Our lunch menus can now be found on the school website via Parents – General Information or by following the link below:

<http://www.ashlawn.org.uk/General-Information>
(Parents – General Information)



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Wellbeing Wednesday: Gratitude

This week the wellbeing theme was gratitude. I'd like to begin by thanking the parents who attended the first Parent Forum on Wednesday evening for their interest and their feedback. The aim of the evening was to give a clearer view of what our mental health provision in school is at present and where we would like it to be along with some tips and insight into some of the mental health issues our young people are experiencing. Unfortunately we didn't get the time to investigate some of the issues in as much depth as I would have liked and so please do look out for the next Wellbeing Parent Forum which will be after Christmas. Here we will narrow down our focus to one or two key issues such as depression and anxiety and the ways parents can support their children who may be experiencing this. Look out on the school website for a new Wellbeing section where I will post wellbeing help and information along with the slides from the parent forum.

So why have we been talking about gratitude in form time? Well simply put, adopting an attitude of gratitude helps us feel happy. We all have a bias towards the negative. It is what has kept the species alive for so long. If we hadn't learned to look for danger we would not have survived. However, this negative bias is no longer as essential to our survival and instead causes us to be in an almost constant state of anxiety by always seeing or interpreting things in the negative. By regularly practicing gratitude we can teach our young people to rewire their brains to be more optimistic. By thinking about what we have, we no longer focus on what we want or what we don't have. So here is the task that students were challenged with this week. Before bed, write down three things that went well today, no matter how small or insignificant. Write in as much detail as possible what happened and why you are grateful for it. You can choose to be grateful for a person or even an object but express why you are grateful. Studies have shown that people who do this kind of gratitude exercise regularly have improved levels of life satisfaction and reduced symptoms of depression. Why not make it a family thing over dinner? Next week we will talk about our stress container and think about the things we do to cope with stress.

Young Carers: Please encourage your child to come to the new Young Carers' support group. The group will begin next Thursday Lunch Time in the Wellbeing Centre. They can bring their lunch. We will start at 1:45 pm giving them a few minutes to get food from the dining hall. The hope is that these young people are able to relax and talk about the stresses but also the pleasures of being a young carer and share some of their thoughts and feelings in a supportive environment.

Mr Unwin

Ashlawn is going cashless – REMINDER

In line with many businesses and local schools, from 1 January 2020, ALL payments to school will need to be made via ParentPay. This includes payments for trips, visits, any resources, music tuition and food in the dining hall. A cashless system will enable payments to be secure and will prevent students from having to bring money into school. Students entitled to Free School Meals will continue to have their account topped up to the value of £2.50 each day. This amount is credited to their accounts at the end of the previous day, but any other payments will need to go through ParentPay.

Parents and Carers should have already received their account activation details from the school. If you either haven't received them or have misplaced yours, please contact Student Services to request ParentPay login details.

Parent Pay accepts all debit and credit cards, including American Express. If a parent or carer prefers not to make payment through ParentPay for any reason, they will be able to access PayPoint at several local shops. There are over 28,000 payment points at shops nationally.

From January, being registered on ParentPay will also enable you to receive emails and text communication from Ashlawn and view school menus.

Lost Property

We have a large quantity of unnamed school uniform and coats at reception. If your child has lost anything please ask them to come to reception at break or lunchtime. Any items not claimed by the Tuesday 17 December will be donated to charity.





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Football News

Year 7

On Tuesday the year 7 students played at home in the ESFA cup against St Peter's Catholic College. The game was extremely close with Ashlawn soaking up large amounts of pressure from an extremely talented St Peter's Catholic College team. The final score was 2-1 to St Peter's Catholic College, but the students should be very proud of their efforts in a game that could have gone either way.

On Thursday, we were able to take two teams across to play Princethorpe College. 'Team A' had a very tough afternoon against a very strong side and unfortunately lost 6-2. George scored two superb goals for Ashlawn and, for his resolute defending. The player of the match was Seb.

'Team B' had an exciting encounter with another good Princethorpe team. In a close fought game Ashlawn managed to grab a winning goal in the dying seconds. Connor, in his first game for the school, scored an absolute 'screamer' from within his own half to make the score 5-4 to Ashlawn. The other goal scorers were Aaron with 3 goals and George with one goal. The player of the match was Connor.

There will be no game next week for year 7. However, there will be training on Tuesday after school.

Year 8

There will be no game next week for year 8. However, there will be training on Tuesday after school.

Year 9

Year 9 will be travelling to play William Parker on Thursday 24th October. A message has been posted on google classroom for students to respond to regarding their availability for the fixture.

Year 10

This week, our year 10 footballers won 5-0 against Wollaston School in the ESFA Cup. The team played superbly throughout the game and were worthy winners. The attitude and commitment of the players was excellent and I thoroughly enjoyed refereeing and coaching the students who were involved. The goals were scored by Tanay, Max, Charlie and Shay x2. The player of the match was Shay who had a fantastic game. The year 10 students will be in action again after half term as they look to extend their winning cup run.

Year 11

The year 11 footballers were not in action this week and unfortunately the game that was scheduled to take place against Lawrence Sheriff School next week has had to be postponed by Lawrence Sheriff until after half term.

Sixth Form

Our Sixth Form team will have their second round ESFA cup fixture the first Wednesday back after half term.

Have a lovely weekend everyone!

Mr Ellis



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Ashlawn Rugby Union news

Year 7 (Google classroom code: 5t5nsvc)

Ashlawn played Lawrence Sheriff School last Friday in a really well fought and evenly matched game! Sheriff were a strong side. Seb opened the scoring with an individual 'length of the field run' score. Sheriff controlled the breakdown area and were slightly more accomplished with their rucking and aggression and they had a few strong runners who Ashlawn struggled to contain at times. This led to them fighting back with three tries. Credit to Ashlawn who kept their heads up and never gave in. An awesome cross field kick by Fin, collected in mid air by Nigel to touch down left a one try deficit. It looked like it was going to be a narrow loss until the last scrum of the game led to Zach feeding Ethan to touch down for the equalising try, 3-3. This week, we welcomed Southam College, another very well trained team, ran in partnership with the local rugby club. Again, the boys battled tremendously well but came up short losing 2 tries to 8.

We play Harris next week on Wednesday at Ashlawn. See Google classroom for details.

Year 8

Ashlawn welcomed Southam College on Wednesday in what proved to be a great fixture! With a few of our club players missing and a Southam team full of experienced players, we were under-dogs from the start. Despite all of this, Ashlawn played some fantastic rugby and defended bravely and were a little unlucky to be 2 - 0 down at half time. With Jamie and Charlie crashing their way forward and the backs passing it well it was undeserved when Southam managed to score two break away tries. A final play try saw our boys lose 5 - 0, a result and performance of which they should be proud as it would have been easy to have given in against such formidable opposition. Keep an eye on the Google classroom for updated details of future matches.

Year 9

Next Wednesday, we travel to Southam College. Keep an eye on the Google classroom for updated details.

Year 10

Having progressed through round 1 comfortably two weeks ago, the boys played in the RFU National Vase away vs Princethorpe College this week. With several players from the last match unavailable, we knew it was going to be a tough fixture. The weather was wet, very wet, and with a very soft pitch, something which doesn't really suit out fast and explosive style. Nevertheless, it wasn't long until we broke through the well organised defence with Cameron scoring yet another opener. The boys were tested with Princethorpe's kicking game but it wasn't long before Cameron powered his way through to establish a 14 v 0 lead. With the heavy rain now influencing the game, a comedy of errors saw Princethorpe being given a try to get back in the game, followed by the ball somehow slipping from Riley's hands after he had beaten the whole defence and put the ball down under the posts. Cameron's hat-trick try however gave Ashlawn a much deserved 21 - 7 half-time lead.

The second half could not have been much more different as the boys made mistake after mistake, both with handling and bad decision making and it wasn't long until Princethorpe capitalised. A well taken break and some good phase play brought the hosts back into it and Ashlawn seemed to have no answer. The unthinkable then happened as Princethorpe, with their tails up pushed forward and took the lead with only 4 minutes to go.

Cometh the moment... Ashlawn then proceeded to apply pressure but to no avail. However, in the last minute a well worked forwards' move was finished yet again from short distance by Cameron. Unbelievably though, the referee didn't see the grounding and gave a 5m scrum as the last play of the game. A few phases later and Jack Saunders found himself a yard out and managed to batter his way over the line to give Ashlawn an unbelievable victory in the last seconds. Ryley, slotted the conversion making it another 100% conversion rate for him - a key fact which made the difference in what was a remarkable match.

Round 3 will be in November at Ashlawn - opponents tbc.

Next Wednesday, we travel to Southam College. Keep an eye on the Google classroom for updated details.

Year 11

We have a squad list! - I am trying to arrange fixtures but not many local schools play at U16 level - I will keep trying and let you all know when we have a match confirmed!

Enjoy the weekend, it should be a fantastic one!

Mr Barton