



Ashlawn School Newsletter

Friday 20 January 2023

TL Proud to be part of the
Transforming Lives
EDUCATIONAL TRUST

Website: www.ashlawn.org.uk

Email: info@ashlawn.org.uk

Tel: 01788 573425

Message from Associate Principal

You will all now have received a copy of the recent Ofsted report from November. As a school and a Trust we accept the judgements of the report in full and have already started the process of addressing the areas that Ofsted have identified. The school leadership, with the support of the Trust, have written a comprehensive statement action that sets out, on a monthly basis, the action that we will take and the impact these actions will have. I will provide you with regular updates on the progress the school is making against our plan. I wish to thank all of the parents that have already been in contact, directly and via social media, to express their disappointment at the Ofsted judgements, but who have also shared how well their child is taught, educated and supported here at Ashlawn. I have been moved by the determination so many of you have already stated, to move the school out of this judgement rapidly, and the support that has been offered to achieve this.

I have now spent two weeks working with the staff and students. While the Ofsted is disappointing and we must respond to the judgements, we cannot overlook what a fantastic community Ashlawn School is. Ofsted recognise the quality and planning that has gone into what we deliver to your children. They praise the work we do in supporting our most vulnerable students through our learning hub and recognised that our 6th form provision is good. I have spoken with 6th form students who have commented on the high quality of their teaching. Our students have access to over 40 extra-curricular activities each term, ranging from sports to Japan Club. We care about the education of the whole child.

The staff at the school are firmly committed to making the changes necessary to put right those areas we know need improving. In the coming weeks I will be asking you, as parents, to get involved in a parents' forum to support the rapid change that we need. Please get in touch with the school if you wish to become involved in this forum or as governors, bringing your expertise to an already highly professional and experienced team.

As we move forwards, working with other schools and the Trust, we will ensure that you are kept fully informed of our progress. You may have questions and concerns. We have established an email address that has been sent to you in the letter that came with the report. This is ofstedqueries@ashlawn.org.uk. Please get in touch and we will endeavour to address your email as quickly as possible. We are all determined to make the changes required. Working together, I look forward to all of us being part of the improvements in the school that the community deserves.

Paul Brockwell



Dates for the Diary

Tuesday 24 January

Year 7 Showcase

Thursday 26 January

Year 13 Parent Consultations

Saturday 28 January

PTA uniform sale

Wednesday 8 to Thursday 10 February

Bonnie & Clyde performance

This week's college winner is **Ruddock** - well done!



2581



2538



2344



2268



2131



Sam Ruddock Visits Ashlawn School



Yesterday we were delighted to welcome Sam Ruddock, our ambassador for Ruddock College, to deliver an assembly to Years 7-13.

Sam Ruddock is a Paralympic track cycling athlete who represented Great Britain in the F35 classification in the 100 metres and shot put events, for athletes with cerebral palsy. He is the British Record holder for the F35 Shot Put and the C1 Kilometre Time Trial, specialising in the track sprint events. But it is in the sport of para track-cycling that Sam has found his true calling, becoming the MC1 Kilometre World Champion and winning the gold medal in late 2022.

Sam grew up in Rugby and attended Bishop Wolston School until the age of 16 when he was awarded a scholarship at Rugby School. Born with spastic diplegia, a form of cerebral palsy, Sam's condition has affected the lower half of his body throughout his life, impacting his flexibility, balance and coordination. Sam's passion for sports outweighed the limitations of his disability, and as a schoolboy he took part in basketball and American football. After being spotted and coached whilst studying at Loughborough University, Sam began his career as an International Paralympic.





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Sam Ruddock Visits Ashlawn School Continued...

Sam spoke to all students in Ruddock College about his journey to a Gold Medal and the barriers that he faced. His parents split up when he was young and times were hard for his mum as a single parent. Sam talked about his ethnicity and his disability which is now something he is incredibly proud of. Sam shared some great advice with our students. including:



- **Don't 'comment' unless it's a positive 'contribution'.**
- **Take every opportunity that life throws at you.**
- **Your teachers are invested in you - make the most of that opportunity.**
- **Learn from your mistakes and plan how you can do things better next time round. Every mistake is a learning opportunity.**
- **When you are feeling mad, scared or anxious, talk to someone -mental health is as important as physical health.**

And Sam's final piece of advice was :

"You can walk away from any task with your pride if you give all of your effort."

Sam said he felt very honoured that a school in his home town had named a college after him. We feel very lucky and proud to have him visit our school and share his inspirational story with our students. Sam has promised to return and share his story with the other Colleges in school so this is the first of many visits!



Thank you Sam and Good Luck in the British Track Championships on January 26-29 at Newport in Wales!



Year 7 netball win against Harris



Congratulations to the Year 7 netball team who won 10 - 1 against Harris C of E Academy in their first competitive game of the year.

Well done to Lydia, Shanna, Leah, Sophie, Megan and Darcey. A special mention goes to Lydia, who was nominated players player by the girls from Harris.

Old Laurentian RFC U13's v St Andrews RFC U13's

Some awesome rugby was on display in this week's rugby match between OL's and St Andrews, of which 15 of the players were our Year 8 students. Henry, Harry, Dawson, Liam, Ruari, Jonah, Eden, Freddie, Ollie T, Ollie C, Tom, Ben, Edward, Sam and Christaki showed great teamwork, respect, discipline and sportsmanship in a game which included big hits, expansive passing and some skillful tries scored. OL's won but the score didn't matter - it was about friends playing together. Well done.

Maths/Logic Puzzle

Usain Bolt got himself into a challenge with Kim Kardashian.

Kim eats 1 chicken nugget on day 1, doubles to 2 on day 2, doubles again to 4 on day 3 and keeps doubling his intake each day. After 3 days he has eaten $1 + 2 + 4$ nuggets = 7.

Usain starts with 10 nuggets on day 1, 20 on day 2, 30 on day 3 and continues this pattern. After 3 days he has eaten $10 + 20 + 30 = 60$ nuggets. After how many days will Kim have eaten more nuggets in total than Usain? Send your answers to normalr@ashlawn.org.uk

The solution to last week's question : The sequence was 3, 4, 6, 8, 12, 14, 18, 20. When you compare that to the prime numbers you will see that the sequence is just the prime numbers plus 1. His next number should have been the next prime number, 23 plus 1 so 24. We didn't receive any answers - better luck this week!



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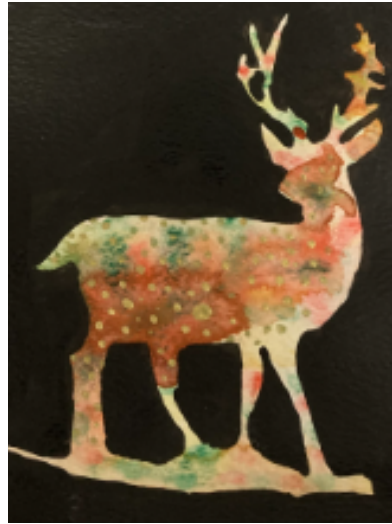
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Lyra



Ellen



Mollie

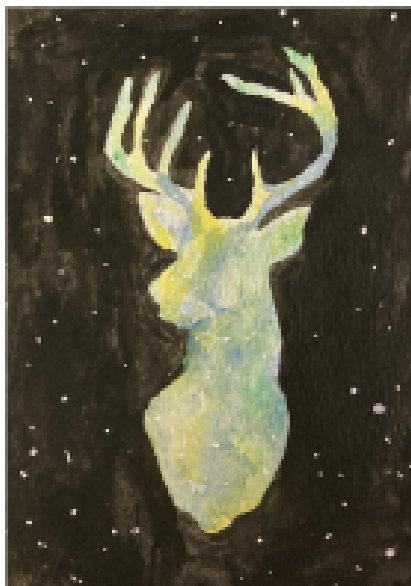
ART OF THE WEEK

Caleb

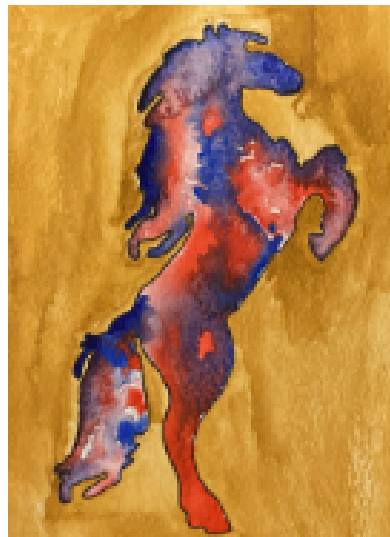


**Celebrating
Year 7
watercolour
animals**

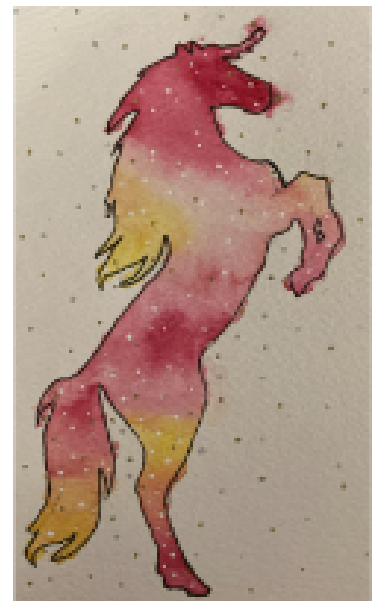
Patricia



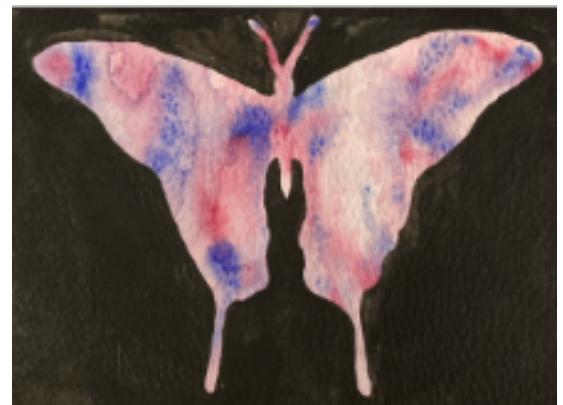
Braydon



Charlotte



Varsha





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Noticeboard



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Bonnie & Clyde - tickets available on ParentPay

Ashlawn Out of Ashes will be performing Bonnie & Clyde in the East Hall from the 8th to the 10th February 2023 at 7pm. Tickets for this exciting new musical are available to purchase via ParentPay. Adults are £10 and concessions are £8.

Science Club for Years 7, 8 & 9

A shout out for the Science Club, where this week students made lava lamps and bath bombs! Next week, students will be looking at their own cells under the microscope! Science club runs every Thursday after school in L10. Years 7, 8 & 9 welcome.

Maths Past Paper Society

We were delighted to welcome over 200 Year 11 students to our Past Paper Society for a revision session in preparation for their GCSE maths. The society is open to all year 11's who would like to practice past papers together or need support with specific topics – the maths staff are on hand to help. The Past Paper Society runs on Thursday's after school in the canteen. Please email champneys@ashlawn.org.uk if you have any questions.

6th Form Interviews

Sixth Form interviews will be starting next week and will continue to the end of March. We will email parents over the next few weeks inviting students to attend an interview in the Sixth Form Centre.

Year 13 Parent Consultations - bookings open

Bookings are now open for Year 13 Parent Consultations, taking place on Thursday 26th January 2022, from 4pm to 7:30pm via Microsoft Teams. To book an appointment, log into your Edulink Account click on the Parents Evening icon. Bookings will close at 7pm on Monday 23rd January. If you need any support with your Edulink login, please email admins@ashlawn.org.uk.



ENRICHMENT TIMETABLE

SPRING TERM 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	LUNCHTIME	LUNCHTIME	LUNCHTIME	LUNCHTIME
Basketball Club (Yr 10 & 11) Guitar Club (All Years) GCSE Drama Drop In (Yr 10 & 11) Knit and Chat (Yr 7, 8 & 9)	Basketball Club (Yr 7, 8 & 9) Drama Club (Yr 7, 8 & 9)	Badminton (Yr 7, 8, 9) Bollywood movies (All Years) Knit and Chat (Yr 7, 8 & 9) Gardening (All years)	Yoga for Beginners (All Yrs) Badminton (Yr 10 & 11) Japan Club (All Years)	Knitting (Yr 7 & 8)
AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL	AFTER SCHOOL
Gardening (All Years) Music Tech Club (All Years) Vox - Music (All Years) Why is the English Language Like this? (All Years) English Folk Dance (Yr 7, 8 & 9)	Boys Rugby Training (Yr 7, 8, 9) Netball Training (All Years) Dance (Yr 7, 8 & 9) Astronomy (All Years) Tabletop Wargaming Club (All Years) Handball (Yr 10 & 11) Maths Challenge (All Years)	Table Tennis Training (Yr 10 & 11) Dungeons and Dragons (All Years) CURRENTLY FULL Board Games (All Years) Bonnie & Clyde Rehearsals (KS4) Concert Band (All Years) Science Club (Year 7, 8 & 9) Step Aerobics (Year 10, 11, 12 & 13)	Girls Football Training (All Years) Bonnie & Clyde Rehearsals (KS4) Handball (Yr 7, 8 & 9) Neurodiversity (All Years) Law and Debate Society (Yrs 10, 11, 12 & 13)	Chess Club (All Years) Jazz Band (All Years) Ecstatic Dance (Yr 8 - 11) Badminton (Yr 7, 8, 9) Smartphone Photography (All Years) Self Defence (All Years)

* A copy of the Enrichment Programme is available to all students via their year groups Enrichment Google Classroom or their Form Group Google Classroom. They can then sign up to the enrichment activities using the SIGN UP HERE link. Any queries regarding the Enrichment Programme can be sent via email to hobsonc@ashlawn.org.uk



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Hands off policy introduced



Hands Off!

As a school we are introducing a 'hands off' policy. The purpose of this is to prevent students from 'play fighting' which then becomes more serious. This is also designed to prevent any jostling in the corridors.

The message is clear: any contact between students is not permissible - quite simply, 'hands off'. The students will be receiving assemblies and the opportunity to discuss this with their form tutors and ask any questions regarding this next week. If you can discuss and reinforce this with your children your support would be greatly appreciated.

youth hub
every friday
4pm - 6pm
ages 11 - 16

meet new people *chill out*
wake new friends
have fun
safe and welcoming

www.hillstreetcentre.org

HILL STREET YOUTH & COMMUNITY CENTRE
HILL STREET
CV21 2NB

CHILD FRIENDLY
CHOICES
HILL STREET RUGBY

Shone Productions Ltd.

THE CIRCUS IS COMING TO TOWN!

CIRCUS SPECTACULAR!

THE BENN HALL Wed 22 February | 3.00pm
Box Office 01788 533 719 Online bennhall.com



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ASHLAWN NEURODIVERSITY GROUP

How to talk about Autism

✗ Pathologising Language	✓ Neuro-affirming Language
Autism Spectrum Disorder (ASD)	Autism, autistic
Person-first language (Person with Autism)	Identity-first language [autistic (person)]
Autism symptoms and impairments	Specific autistic experiences & characteristics
At risk of autism	May be autistic; increased likelihood of being autistic
Co-morbidity	Co-occurring
Functioning (e.g. high/low functioning) and severity (e.g. mild/moderate/severe) labels	Specific support needs
Cure, treatment, or intervention	Specific support or service
Restricted interests or obsessions	Specialised, focused or intense interests
Normal person	Allistic or non-autistic

Source: Trends in Neurosciences, September 2022

How to get the language for autism respectfully 'right':

- Studies show a high proportion of Autistic people prefer identity first language i.e. Autistic not 'with autism'. Although reasons for this vary, one of the important points is that being Autistic is who we are, it is not a 'condition' or 'disorder' that if removed would leave an otherwise 'normal' person;
- For our children and young people of course we should respect their choice of language for their own neurodivergence but the ND Group would like to encourage you to default to the language shown here unless the Autistic individual expresses otherwise.

If you'd like to learn more we recommend:

[Identity-First Language - Autistic Self Advocacy Network](#)

<https://autisticadvocacy.org/about-asan/identity-first-language/>

Menu week commencing 23rd January

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese burger & criss cross potatoes	Chilli & nachos	Roast of the day with gravy & vegetables	Sweet & sour chicken bites, rice & sauce	Fish, chips & mushy peas
Macaroni cheese & garlic bread	Vegetarian Chilli & nachos	Quorn with vegetables & potatoes	Sweet & sour Quorn with rice	Veggie fingers and chips
Fish finger bap	Mediterranean flatbread	Bacon, cheese & tomato panni	Cheese & ham toastie	Chicken pate burger
Jacket potato & tuna	Pasta king – meat or vegetable	Jacket potato & tuna	Pasta king – meat or vegetable	Jacket potato & beans
Bacon, lettuce & tomato / cheese sandwich	Chicken & ham / Tuna & cucumber	Ham salad / egg & cress sandwich	Chicken coronation / tuna & cucumber sandwich	Ham salad / cheese salad sandwich

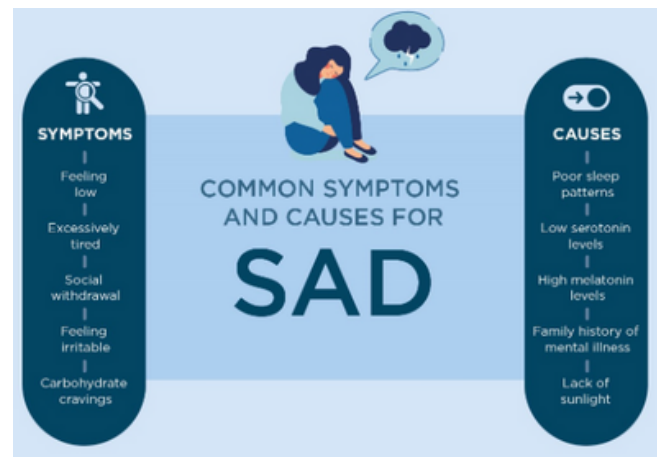


Tips for coping with Seasonal Affective Disorder (SAD)

It is at this time of year that we notice that some of our students 'struggle' to make it into school on time or at all. The mornings are dark and cold and there is nothing more attractive than staying in bed. SAD is a real illness and exploring what makes us SAD will allow students to understand what the triggers are.

What is SAD?

Although seasonal affective disorder is very common, it's not something you hear talked about enough. It is similar to depression, except it comes and goes in a seasonal pattern, with the symptoms usually being mainly present during the winter. These symptoms include low mood, a lack of energy, a loss of pleasure in activities you would normally enjoy, and feelings of irritability.



Imogen (Aged 20) shares her tips on how to cope with SAD, particularly in the month of January!

'Over the years of experiencing seasonal affective disorder, I have found coping mechanisms that every winter I try to implement in my life. You don't have to implement every coping mechanism I mention here; I have found that even if I try one, it brings me one step closer to feeling that little bit better.

Sunlight and Walking

This is one of my main coping strategies on days I'm feeling very low. Even if my brain is telling me to just stay in bed, I get up and go for an hour-long walk. It doesn't even have to be that long - ten minutes walking with the sun shining on my face and I always feel better. Spending some time in the sun provides us with Vitamin D and can help us produce serotonin, which have been linked to improvements in mood. A bit of sunlight in the morning can help feelings of lethargy and sleepiness subside (at least for a little while) and help us sleep better at night.

Stop scrolling in the morning

One of the most helpful things I have implemented is to stop scrolling on social media in the mornings and instead get up straight away. By doing this, I stop myself from staying in bed all day feeling low and depressed with no energy, and comparing myself to the highlight reel that is shown on social media, which tends to only make my mood worse and sets a bad tone for the rest of the day. By getting up straight away without going on my phone, the day already seems brighter.

Journaling

I find it really helpful when I'm feeling low to get my thoughts and feelings down in my diary. Most of us think about how we're feeling, but by writing it down, you take those thoughts that are going around in your mind and get them out, which can feel really good when you're down. If you don't have a physical diary, write it in a word doc! You will find your mind is that bit emptier of those constant negative thoughts.



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Tips for coping with Seasonal Affective Disorder (SAD)

Create a routine and plan your days

Having a routine and planning my days has been essential for managing my low mood. I have found that the feeling of productivity I get from doing things on my 'to do' list (when I'm able to) makes the days when I can't manage anything feel less bad. When I talk about a routine, this doesn't have to include anything big. Adding things to my daily routine such as waking up early, making my bed every day, reading my favourite book and journaling have made such an impact on how I feel. Those things may not seem like a lot, but they add up.

Therapy

I can honestly say that counselling has changed my life and the way I see the world. Talking to a professional who not only has a different perspective, but who I can be completely honest with, has been game-changing. I felt completely safe to express my emotions fully because of the confidentiality you have with a therapist. Talking to someone professional who not only has a different perspective, but who I can be completely honest with, has been game-changing.

Finally, while it may feel like your feelings are never-ending and things will never get better, they will. Whether this is a new thing for you or you have been struggling for years, things will get better. You are not alone in this I promise you. I hope that, even if you try just one of these coping mechanisms, it will help you feel more yourself again. Imogen x

If you child is suffering from SAD, please contact our Attendance Team in the first instance and let us know.



YEAR 7 SHOWCASE

24TH JANUARY, 6PM EAST HALL

JOIN OUR HUGE VOCAL GROUP AND SING THE SONGS YOU LEARNT IN
MUSIC LESSONS EARLIER THIS YEAR.
ASK YOUR ADULTS TO RETURN THE GOOGLE FORM EMAILED TO THEM.
SEE MISS BOND FOR MORE DETAILS.
AUDITIONS FOR SOLOS EVERY LUNCH THIS WEEK IN MU1.

LIVERMORE
LIVERMORE

RUDDOCK
RUDDOCK

EVANS
EVANS

BROOKE
BROOKE

WEBB ELLIS
WEBB ELLIS