



ASHLAWN SCHOOL

Newsletter Issue Date:
Friday 20 May 2022

Tel: 01788 573425

TL Proud to be part of the
Transforming Lives
EDUCATIONAL TRUST

Email: info@ashlawn.org.uk

Website: www.ashlawn.org.uk

Message from the Principal

We have been so proud of our students as they have started to sit their exams this week. They have been brave and resilient. Thank you to everyone at home and school for providing such excellent support behind the scenes.

With just one week until half term and the Jubilee celebrations, we wish to celebrate the Queen's Jubilee in our own way. Whilst we appreciate that not everyone is a monarchist, we wish to recognise a lifetime of service and an important national event.

Our students will have to opportunity to contribute by serving others in three ways:

- Donate to the Rugby Food Bank
- Volunteer time
- Donate £1 and in return come dressed to school in red, white and blue on Friday 27 May

We will also have special themed decorations in the dining room for a Jubilee lunch on Friday.

We hope that everyone takes part and showcases our British Values at all times.

Siobhan Evans

The Big Question

You said, We did

You said

It is frustrating to be limited to which subjects you can get appointments for at Parent Evening.

We did

Parents and carers can now choose and book their own appointments for all subjects.

National Thank a Teacher Day

Thursday 26 May

We are joining the whole of the UK in celebrating National Thank a Teacher Day on Thursday 26 May. To celebrate National Thank a Teacher Day, students will be able to write a card which will be given to them in form time, to any member of staff in school. Whether it's an amazing teacher, stand out member of support staff, canteen staff, site team or a whole school team, let them know why you appreciate them.

If as a parent/carer you would like to thank a teacher or any member of staff at Ashlawn, you can do so by clicking [HERE](#)



Congratulations to this week's top scoring pupils from each college!



	Webb Ellis	Evans	Brooke	Ruddock	Livermore
Year 7	Isabelle M	Elijah H	Dylan L & Lottie R	Kausshik K	Mark S
Year 8	Charlie S	Sophie F	Alice R & Ianis S	Analin V	Harriet E
Year 9	Harry S	Declan M	Jannah N	Mohammad A & Sara M	Andria A & Maia L
Year 10	Malena W	Lily-Beth H	Sebastian R	Joseph H	Ariyan C
Year 11	Ethan F	Corey B	Olivia W	Logan S	Ben W
Year 12	Tristan T	Phat D & Aimee M	James B	Harvey G	Poppy C
Year 13	Bradley C	Imogen C	Billy S	Lyla M	Edward R



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First Aid / Medical Emergencies

A polite reminder that students should not be calling home to be collected from school if they feel unwell. If a student is sent to First Aid and our First Aid nurse, Mrs Robinson, agrees that your child can not continue to stay in school, then she will call you to advise.



This has also been extended to students who have medications stored in the First Aid room. Mrs. Robinson will be moving in to the Admin Services office where she will be able to triage students coming to First Aid. The First Aid room will only be used for students who require medication or for medical emergencies.

We are still asking that all students bring water bottles with them to school. Disposable cups are no longer available, however there are water filling stations in the canteens.

Sharing Images 11-18

Next week in our personal development programme we will be exploring how students can share images in a safe way.

Posting pictures and videos can be a great way for students to share what's going on in their life and catching up on what their friends are doing. However, it is important to remember that it can become difficult to delete the pictures that they share and once they've shared them online, they've lost control of them.

If a student sends an embarrassing picture or video to a friend, it could end up anywhere. If they post it online, anyone could see it, including you as parents, teachers or future employers.

Please remind your child – it's never too late to get help if they've shared something they regret. You can help them to report photos and videos to the websites they are on or seek help from an adult in school or at home.

As always we encourage you to monitor what is happening on your child's phone on a regular basis – after all most parents pay the bill and so it legally belongs to you anyway.



Dates for the Diary

- Year 7 Consultation Evening, **Thursday 26 May**
- Half Term, **30 May - 3 June**
- Year 12 Exams will run from **Tuesday 21 June** and will finish on **Wednesday 30 June**.

Year 10 Revision Seminar

We will be hosting the virtual seminar on Wednesday 25 May 2022 from 5.30 pm until 6.30 pm.

Parents will receive a Microsoft Teams link via an email invitation; if you do not receive this please contact your child's form tutor.

The session will include a range of top tips to help students with how to revise effectively as well as guidance from our English, Maths and Science departments.

We hope to see as many students and parents attending as possible.



Sixth Form

Year 13

Our Year 13's begin their study leave today. We would like to wish every one of our fantastic students the very best of luck with their exams. They are a wonderful cohort and are undoubtedly set for great things. Many thanks also to parents and carers who have supported teachers and students throughout their studies.

Also, a reminder that if any Year 13 student wishes to come into school to study during study leave, they are more than welcome and teachers will be available during their normal lesson times to answer any questions they may have.

Year 12

On the evening of Tuesday 9 June we are planning to run an online UCAS presentation for parents. This will provide information for those who are interested in understanding how the university applications process works and how they can help to support their sons or daughters with the process. Please email me to express your interest:

naylorj@ashlawn.org.uk

Mr Naylor



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Last Week's College Challenge

We are so proud and impressed with our students who have managed to donate a huge amount of items to the Rugby Food Bank. As a school we have achieved **1423** items in total and the winning form who bought in **424** of those items is **7B**. A massive well done to everyone.



Rugby
foodbank



Want to know how to help
improve your child's essay
writing?

Join us on Tuesday 24 May at 6.00 pm as Elevate Education hosts a free webinar for the school community, showing you: the biggest challenges in essay writing and how to overcome them; how to break down and analyse a question to understand what the examiner is looking for; the musts and must-nots of essay structure.

To register for the FREE 60-minute webinar click [HERE](#)

Elevate is a global education organisation working with the school and over 1-million students to improve their study skills and boost academic performance. You can learn more about them by clicking [HERE](#)

Self Harm Help

If your child is self harming then there are some extremely knowledgeable and helpful new resources available on the Internet Matters website. Please take a look at the resources available to you and your child and if you need further support contact school or your GP.

[Self Harm Online Help Link](#)



This Week's College Challenge

Take a picture of what best describes summer to you and upload your entries to the assignment on your college google classroom. 2 Achievement Points will be awarded per entry and winners will receive 5 Achievement Points.



Ashlawn PTA

Ashlawn PTA raises funds for extra curricular activities and groups to enable them to continue and develop. The PTA runs a 'used' uniform sale every two months, supports school events by supplying refreshments and hosts annual quizzes and events.

Each term, school departments are invited to make a bid to the PTA for a share of the funds to support their projects.

Last month we were able to provide;

- Music books to the Jazz Club
- Tools, compost, and seeds to the Gardening Club
- Music books for the Concert Band
- Award badges for the Music Department
- Dell Chromebooks for the Learning Development Department
- Chess sets for the Chess Club
- Decorations for the Sixth Form Prom

Are you interested in joining the PTA? We welcome anyone who would like to get involved. You can commit to as little or as much as you can, we appreciate all support, particularly at our uniform sales and large events. We meet locally once a month and would value your ideas and input.

Email: pta@ashlawn.org.uk

Facebook: Ashlawn PTA



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The Queen's Platinum Jubilee *Friday 27 May*

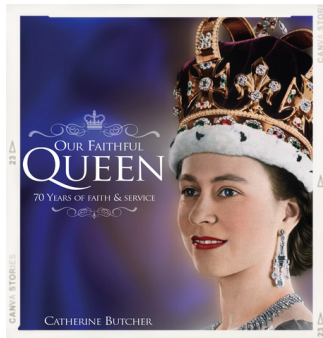
On Friday we will be celebrating the Queen's Platinum Jubilee in school. As part of this we would like to invite all students to attend school in Non Uniform. They must wear either **Red**, **White** or **Blue** in order to mark this occasion and in return we will ask for a donation to one of the many charities that the Queen is a patron of. The Charity we are supporting is The Red Cross. A minimum of £1 donation is suggested. Students can order a traditional British lunch of fish and chips in celebration of the Queen's 70 years on the throne.

How the Red Cross supports people in need

If you're living through a crisis, the Red Cross will always listen to what you need and strive to get you the right help – whether that's food, clothing, first aid, cash, healthcare, or emotional support. They are committed to supporting people in crisis in the UK and across the world, but they can't do this without you.



The emergencies might be different – from dealing with floods or drought caused by climate change, to leaving your country to find safety, to suffering alone with poor health – but they are always there for those who most need their help, without discrimination and always with kindness.



Where does British Red Cross money go?

- £10 could help fuel two of our emergency vehicles to reach people in trouble in the UK.
- £30 could provide a cash grant to a household in Myanmar to support them to build latrines.
- £65 could pay for an ambulance and crew to take people to and from hospital for a day, helping to ease the strain on the NHS.
- £85 could help to provide agricultural training to a farmer in Kenya affected by climate change to support their livelihoods.

How to volunteer

As part of Ashlawns celebrations for the Queens Platinum Jubilee we would like students to reflect on the incredible service she has given our country.

In response to this we would like our students to consider giving 2 hours of their half term holiday to volunteer within the community. This could be cutting lawns for elderly relatives, volunteering at a local group that they are part of or even supporting in the family home with chores. The lists are endless.

Volunteering is a fantastic opportunity for students to develop their employability skills but most importantly help to create a great community spirit.

We ask students to send pictures to cookec@ashlawn.org.uk and on return to school a signed short account of what they did and when to receive a certificate and small thank you. Students will receive further information during registration next week.



BRITISH VALUES

SERVING OUR COMMUNITY
WE STRIVE TO DEVELOP CLOSE LINKS WITH THE COMMUNITY WE SERVE.

TOLERANCE & PEACE
WE LEARN ABOUT TOLERANCE AND RESPECT FOR PEOPLE OF DIFFERENT RELIGIONS AND CULTURAL BACKGROUNDS SO WE CAN BE AT PEACE IN OUR COMMUNITIES.

MUTUAL RESPECT
WE DISCUSS AND APPRECIATE THE DIFFERENCES BETWEEN PEOPLE- FAITH, ETHNICITY, GENDER, SEXUALITY, YOUNG CARERS AND DISABILITY.

DEMOCRACY
WE LEARN ABOUT THE IMPORTANCE OF FREEDOM OF SPEECH

TRUTH & JUSTICE
WE HAVE AGREED RULES AND EXPECTATIONS SO THAT OUR SCHOOL IS A SAFE AND HAPPY PLACE FOR ALL AND WHERE DIFFERENCES ARE RECONCILED PEACEFULLY.

INDIVIDUAL LIBERTY
WE PROVIDE OPPORTUNITIES TO DEVELOP SELF-ESTEEM AND CONFIDENCE AS INDIVIDUALS ACROSS THE CURRICULUM.

TRUTH & JUSTICE
WE HAVE AGREED RULES AND EXPECTATIONS SO THAT OUR SCHOOL IS A SAFE AND HAPPY PLACE FOR ALL AND WHERE DIFFERENCES ARE RECONCILED PEACEFULLY.



Exam stress

As the exam season is upon us we know that sitting exams can create feelings of worry and being under pressure. However there are a range of things that you can do to help deal with the stress that your child might be feeling. **Here are some top tips that we have shared with our students:**

1

Avoid bad habits

- Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.
- Don't cut out all the enjoyment from your life. It's tempting to decide you'll just knuckle down to work and "focus", but this is counterproductive - it's impossible to focus without giving your brain rest by doing other activities.
- Avoid stimulants. Caffeine, alcohol and drugs impede your energy and concentration in the long term. It'll also make it more difficult to get that much-needed sleep.



2

Get support from friends and family.

- Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.



3

Keep it in perspective

- Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.
- Employers don't just look at your exam scores. They're just as interested in your attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.
- Think about how far you've come already. You've already done incredibly well to get to university, and stopping or failing exams at this point isn't 'throwing away' your past success.
- Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.

4

Get that organised feeling

- Picture your exams as a time-bound project. Are the exams 10 days away? That's your 10-day challenge. Best of all, there's a definite end point.
- Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- Equally, don't panic if you go slightly off schedule - tomorrow is another day.

5

Get into some good habits

- These habits will help you concentrate as well as reducing stress:
- Take frequent breaks. Psychologists say we can only concentrate properly for 30-45 minutes. You could use a technique like Pomodoro, that helps you to take regular breaks. When you do take a break make sure you don't stay at your desk, you could go for a walk or even just make a cup of tea!
- Keep a good blood sugar level to avoid highs and lows of energy, by eating slow-release foods like sourdough or multi-grain bread, oat porridge, nuts (and nut butters) and vegetables.
- Drink lots of water. People often underestimate how much hydration helps!
- Think about when and where you work best. Not everyone is a morning person, and some people don't find the library a productive place to work. There's no one best place or time to work - it's about what works for you.
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Find activities that help you relax. Maybe it's a hot bath, watching a TV show, or a creative activity. Schedule this down-time into your timetable.





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RA Royal Academy of Arts

I am proud to announce that after submitting many works from our wonderful students Charlie Brayn has been selected to be exhibited in the Royal Academy, London and online. Charlie is in Year 13 and his project is based on the theme of Post Mortem, producing large scale chalk and charcoal drawings. We are very proud of his achievement, a wonderful and hardworking student.

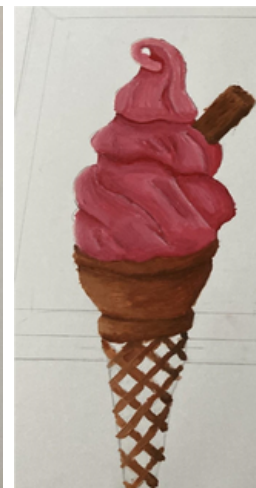


Below by: Lucie Year 7



ART *Of the week*

Ice creams by a variety of Year 8 students





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Sporting Achievements

A fantastic effort and performances from our girls athletics team in the Warwickshire Combined athletics competition at the Pingles on Thursday 12 May.

Special mention to the Year 9 girls who won the team competition and Ava R who dominated the Year 10 distance run.



Congratulations to Emma O (Year 9) who has successfully completed her FA coaching award with flying colours. Emma is now the coach of Rugby Town Girls FC U7 team.

Well done Emma!

Next Week's Menu

Monday

Chicken Wings and Wedges
Quorn Wings and Wedges
Jacket Potato and Tuna
Sausage Roll
Ham Salad
Cheese and Pickle

Tuesday

Cheeseburger and Sweet Potato Fries
Quorn Burger and Sweet Potato Fries
Hot Pasta King with Meat
Hot Pasta King with Vegetables
Ham Toastie
Coronation Chicken
Egg and Cress

Wednesday

Crispy Sweet Chilli Chicken with Noodles
Crispy Sweet Chilli Quorn with Noodles
Jacket Potato and Beans
Cheese & Tomato Pasta
Hot and Spicy Mayo
Tuna and Cucumber

Thursday

Sweet 'n' Sour Chicken with Rice
Quorn Sweet 'n' Sour
Hot Pasta King Meat
Hot Pasta King Vegetables
Beef Burger
BLT
Cheese and Tomato

Friday

Fish, Chips and Mushy Peas
Moving Mountain Burger
Jacket Potato and Cheese
Chicken Fillets
Cheese and Ham
Ploughmans

Attendance and Punctuality

Good attendance and punctuality to school is vital if students are to succeed and reach their full potential. Every day that a student is late will impact their learning time in school.

We monitor attendance and punctuality very closely in order to ensure that ALL students arrive at school on time, ready to learn.

We expect ALL students to be in school by 8.40am, ready to start form time at 8.45am. If students arrive late to form time then they will be marked as late regardless of what time they were on site. If students arrive late on 2 occasions or more then they will attend a same day detention for 15 minutes.

Although we want every student to achieve 100% attendance we understand that there are times when they may not be able to come to school as they are really unwell. If this happens it is vital that you contact school via EDULINK or by phoning 01788 532831.

Please do not email individual teachers or their head of year.

If at any time you feel that you need support with your child's attendance or punctuality then you must talk to us.

Your child's Form Tutor or Head of Year are here to support them throughout their time in school.

Minutes Late Per Day	Days of Lost Learning
5	3.5
10	7
15	10.5
20	14
30	21
% Attendance	Days of Lost Learning
100	0
95	10
90	20
85	30
80	40 (8 school weeks)



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WHITTLEBURY PARK

YOUR APPRENTICESHIP JOURNEY WITH US...

We are offering the following apprenticeship courses:
Hospitality Team Member Level 2 in Food and Beverage
Hospitality Team Member Level 2 in Housekeeping
Commis Chef Level 2

Our courses run from 12 to 18 months and offer a mixture of remote and in person training and start dates run regularly throughout the year.

Scan below to find out more information




Minimum £9 per hour starting wage

Why choose Whittlebury?

During your apprenticeship you will:

- Be employed on at least £9 per hour on a full time basis with 20% of your time dedicated to learning new skills
- Receive our amazing benefits package
- Build relationships within the business which will allow you to progress with us following the successful completion of your course.

We believe talent should grow from within and we offer a variety of apprenticeship courses to build our future talent



RECRUITMENT DAY

We are hiring!

You can drop your CV, fill in an application form and even have an on the spot interview! We want to make your job search simple.



Scan the QR for more information

Join us
Friday 20th May

4pm-8pm
Location - The Courtyard



WHITTLEBURY PARK

Gardening Club

Your opportunity to flourish!

What?

- Growing of fruit, vegetables and flowers
- Garden maintenance
- Learn about sustainable gardening
- Pond development and maintenance
- Looking after wildlife

When?

Monday - early lunch (years 7, 9, 11, 13)
Thursday - after school (all year groups)
Friday late lunch (years 8, 10 and 12)

Miss E Woodhouse
woodhousee@ashlawn.org.uk



Gardening is great for mindfulness and can have benefits for mental health

All gardening tools and resources will be provided and edibles and flowers can be taken home!

Join us for a celebration of Youth Work in Rugby

Claremont Youth Hub

(part of Claremont Children's & Families Centre)
The Benn Education Centre, Claremont Road, Rugby, CV21 3LU

Wednesday 8th June

pop in between 5pm - 7pm

- *Activities running with local youth workers*
- *Opportunities to find out about all the amazing youth projects happening in Rugby*

ALL WELCOME

For more information
clairecrawford@warwickshire.gov.uk



◀▶▶
MUSIC FESTIVAL
ASHLAWN SCHOOL

APRIL / MAY 2022

Have you got a musical talent, submit it here. Teachers can submit too, voucher prizes for winners.

SUBMIT YOUR AUDIO OR VIDEO FILES TO BAIDOOT@ASHLAWN.ORG.UK



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Safeguarding Advice

What to do if you are worried about your, or someone else's safety.

Tell a trusted adult at school.

We are here to help, and our team of Designated Safeguarding Leads will provide support.

You can also call on the following number: 01788 573425.

If you are in immediate danger then phone 101 or 999.

Here are some other ways things you can get the help you need:

- Tell a trustworthy family member or safe adult who may be able to help you
- Call Childline on 0800 1111 and talk through how you are feeling and your concerns
- Email the Designated Safeguarding Leads at school at safeguarding@ashlawn.org.uk
- Speak to Young Carers if you are looking after someone at home. Tel: 02476 217740
- Look online for support from the Family Information Service at www.warwickshire.gov.uk/childrenandfamilies
- If you feel unsafe or in danger call the council helpline on 01926 414144

If you are struggling with your mental health and want some reassurance and advice, then contact your form tutor or Head of Year. They would love to hear from you and they will help alleviate your worries.

Mrs Pountney

Assistant Principal and Designated Safeguarding Lead

**Safeguarding is
Everyone's
Responsibility**

The Family Information Service can provide a wide range of information/support/ referrals for families in Warwickshire either via our helpline or on a face to face basis.

FIS Brokerage Service is a 1:1 early intervention service which can be used to support families with children age 0 to 25 living in Warwickshire to access services where there are barriers and/or complex needs.

To access this service please contact them using the methods below:

fis@warwickshire.gov.uk

- [Twitter – @WarksFIS](https://twitter.com/WarksFIS)
- [Facebook – Warwickshire Family Information Service](https://www.facebook.com/Warwickshire-Family-Information-Service/)
- <https://www.warwickshire.gov.uk/children-families>

01926 742 274.

The Family Intervention Service can help you with topics such as:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare
- health and wellbeing

Please don't hesitate to get in touch. They are there to help!

Mrs Pountney

Assistant Principal



Free Sanitary Items

Students can collect free sanitary wear at school. They are available from Reception, Student Services and the PE changing rooms. Tampons and sanitary towels are available.

Mrs Pountney

Assistant Principal

Food Bank

If you are struggling financially and would like a food parcel or food bank voucher, please contact Mrs Pountney or Mrs Lavery as we have a few food parcels left and we are happy to deliver.

