



Weekly Bulletin

4th October 2024

Dear Parents/Carers, Learners, and Staff,

Firstly, I want to extend a heartfelt thank you to everyone who supported our Macmillan Cancer Coffee Morning. Your generosity and participation helped raise much-needed funds for cancer research and support. With an estimated **375,000 new cases of cancer** diagnosed in the UK each year, it is a cause that affects many families, and your contributions make a real difference.

I would also like to update you on a meeting I attended this month with the Detective Inspector, Keith Smith, and other schools in South Bristol. The regular meeting takes a contextual safeguarding approach which aims to ensure robust information sharing information between Bristol area schools, the local authority and Avon and Somerset Police to proactively and appropriately respond to incidents of conflict in communities.

This month, the focus was on the troubling rise in the recruitment of young people to run drugs throughout the city. Additionally, we are approaching the trials on **October 7th** for the perpetrators involved in the stabbings earlier this year. The police have expressed concerns that emotions may run high again, potentially leading to clashes between the groups involved. As always, we are working closely with law enforcement to ensure the safety of our learners.

Apologies for the postponement of the Attendance Briefing. Unfortunately, the transition to our new school information management system, *Engage*, has been delayed due to the assigned conversion specialist being signed off on long-term sick leave. The briefing will cover important information, including how attendance is being recorded and the recent changes to the DFE attendance codes, which now carry penalties for incorrect use. Notably, there is no specific code for mental health absences, which we know is a concern for some families. We will share more details with you once everything is up and running. Thank you for your understanding, and I sincerely apologise for any inconvenience this has caused.

We have recently been reminded of just how big the learners' hearts are at Belgrave. A footballer on the table football was accidentally cracked in half and was not able to be fixed back. So, a group of learners gathered together, and asked if they could run a campaign to get another table so that there was not such a wait. They made posters requesting for donations. If I am honest, I really didn't think people would donate but they did! A member of staff brought a box into the office with £15.45! The next day I had some learners rush

into my office saying we have been robbed! I explained that we will look for another football table but it was not their job to raise the funds! I asked how we could return the money and it was decided it could go towards a treat for everyone. We are now currently looking for another football table!

I suspect many of you have likely heard from your child/ren about the recent leaks from our school roof! Unfortunately, during heavy rain, water has been seeping through and damaging the ceiling tiles. This is partly due to some trespassers over the summer who climbed the scaffolding and damaged roof tiles. We have removed the affected ceiling tiles, and as soon as we get a dry spell, we will be securing a tarpaulin over the roof as a temporary measure. A full replacement is planned for the Easter break, as the work will take 2-3 weeks and cannot be completed while school is in session. Let's hope for clearer skies soon!

Thank you for your ongoing support and understanding.

Warm regards,

D. E Seagrove



From our SEN Lead, Mrs Cormack - What is it to feel included?

"Just as you are without changing a thing

Just as you are I accept you

I see you, I hear you, I welcome you in

Just as you are, just as you are."

This week we celebrate National Inclusion Week. The theme this year is "Impact Matters".

Each of us has the opportunity to help others feel more included.

So take a moment to think of two things and take the opportunity to chat about them at home and in school :

- Who this week has made you feel included in something?
- What one action could you take to help someone feel more included?

Here's some examples of powerful things you can say:

- Come and join us
- What do you think?
- How are you feeling?

Then REALLY listen. Rather than thinking about what you'll say next, pay attention to what is being said and how it is being said. What is the other person thinking and feeling.

We all want to be KNOWN. We all want to be HEARD and UNDERSTOOD. We all want to be INCLUDED.

Many of our learners tell me that one of the best things about Belgrave is that they feel INCLUDED. Let's redouble our efforts inside and outside of school to continue to build a vibrant, inclusive community.



Sixth Form Open Evening Invite

ASHTON PARK SCHOOL AND ASHTON SIXTH FORM OPEN EVENING
Wednesday 23 October, 17:45 to 20:00

Head's speech at 18:00

Come along to our open evening to find out about our courses, take a tour of our facilities and to hear from the Heads of Ashton Park School and Ashton Sixth Form.

We are excited to be offering additional A Level courses from Sept 2025 in Spanish; Art - Fashion Textiles and Performing Arts alongside our other popular courses. Students can speak to specialist subject teachers on the evening to find out more or check out our course guide: ashtonsixth.co.uk/Course-Guide/

There is no need to book, come along at a time that suits you.

We look forward to seeing you soon.



**Ashton Park School and Sixth Form
Open Events 2024**


ASHTONSIXTH
THE GATEWAY TO YOUR FUTURE

Sixth Form Open Evening
Wednesday 23rd October 5.45pm-8pm. Heads talk at 6pm. No need to book, come along at a time that suits you.

Sixth Form Open Mornings - Pre Book
Friday 8th November 9.15am-10.15am
Wednesday 13th November 9.15am-10.15am
Friday 22nd November 9.15am-10.15am
To book a place for an open morning, please email tanyathomas@ashtonpark.net
Refreshments will be available.

 Ashton Sixth  @AshtonSixth  ashtonsixth

Sendcast 'Awesomely Autistic'

[Awesomely Autistic podcast with Tigger Pritchard \(thesendcast.com\)](https://thesendcast.com)

Having had several chance encounters at the Autism Shows, Sendcast is delighted to finally have Tigger Pritchard as a guest on the podcast! 'Awesomely Autistic' is a profound and insightful exploration of Tigger's personal journey as a neuroaffirming advocate, consultant, and trainer.

Tigger shares a heartfelt and deeply honest insight into his experiences growing up as an autistic individual. He describes the challenges he faced, particularly during his school years, when he felt alienated and misunderstood in a world that didn't seem to embrace his unique way of thinking and engaging with the world. Tigger recounts his attempts to fit in, the social isolation, and the trauma he experienced.

Tigger shares how he eventually found his footing by discovering his passions and interests, which provided a sense of safety and belonging. He highlights what helped him along the way on his journey and how sensory experiences shaped his memories.

"To anybody that discovers they're neurodivergent. I say find your well informed neurokin as soon as you can".

Tigger Pritchard

Listen to Tigger's inspiring journey of self-discovery, reinvention, and ultimately, finding success and fulfilment in his chosen path as an autistic individual by clicking on the link above.

About Tigger Pritchard

My name is Tigger Pritchard, awesomely Neurodivergent and passionate about reducing anxiety for all. To help all Neurotypes understand each other, to bridge the Neurodivide.

Self-Identifying Neurospicy, working with individuals, families, education, cooperate organisations across the UK! Face to face and by Zoom.



Square Foods recipes

Apple crumble

2 bramley apple
1 tsp cinnamon
1 tsp ground ginger
1 tbsp sugar
Knob of butter

Cut the fruit into 1cm pieces and mix with the sugar and spices. Place in a pan with the butter and cook for 10 minutes.

175g plain flour
110g golden caster sugar
110g cold butter

Rub the flour and butter together until it's a breadcrumb consistency.
Mix in the sugar and mix well.

Roast in the oven at 180oc for 30 mins or so mixing with a spoon every 10 minutes.

Spaghetti Bolognaise

1 medium onions
1 clove of garlic
1 carrot
1 stick of celery
1 heaped teaspoon dried oregano

200g good-quality minced beef
1 x 400g tins of chopped tomatoes
1 tbsp tomato puree
a small bunch of fresh basil
75g dried spaghetti

Finely chop the onions, garlic, carrots, and celery
Place a large pan on a medium to high heat
Add 2 tbsp of olive oil, oregano and cook and stir for 2 minutes.
Add the veg to the pan and stir every 30 seconds for around 7 minutes or until softened and lightly coloured.
Stir in the minced meat breaking it up with your spoon and brown.
Add the tinned tomatoes and tomato puree
Stir in a good pinch of salt and pepper
Bring to the boil
Turn the heat down and simmer with a lid half on for 30 mins, stirring every now and again and adding a tbsp of water if it looks dry.
Remove the Bolognese sauce from the heat.
Tear and stir in any larger basil leaves, keeping the smaller ones for sprinkling over before serving .
Mix up, have a taste, and season with a little more salt and pepper if needed

Bring a large pan of salted water to the boil .
Add your pasta and stir, following the packet cooking times – don't let it cook any longer.
Serve the pasta and sauce together.

Dan Ford | Kitchen Manager and Community Cookery Teacher
dan@squarefoodfoundation.co.uk




Harvest Collection

The Year 7 learners are now collecting items for their harvest festival which will take place during the week of the 7th October. They intend to lead a Harvest Assembly.

They would appreciate it if you could donate any items, such as tinned food, dried goods like rice, pasta, bottled sauces before the 4th October. Eggs, fresh vegetables and fruit is also accepted if it has a shelf life of a few days.

The foods will be put into gift boxes and distributed to the local residents surrounding school.



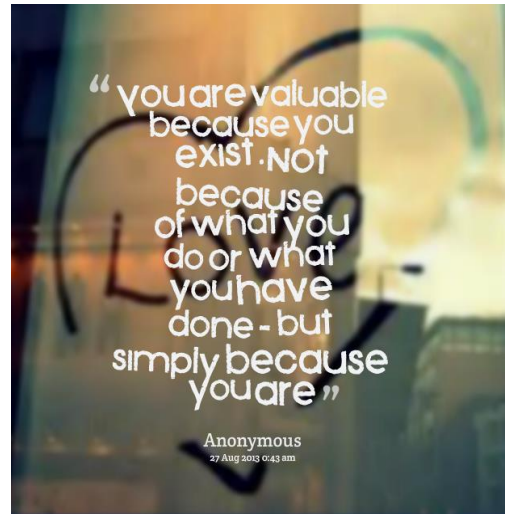
Assembly : Do you understand your true value?

When Meryl Streep was an unknown actor, she went to an audition and had the following experience (beside)



Meryl L. Streep

"This was me on my way home from an audition for King Kong where I was told I was too "ugly" for the part. This was a pivotal moment for me. This one rogue opinion could derail my dreams of becoming an actress or force me to pull myself up by the boot straps and believe in myself. I took a deep breath and said "I'm sorry you think I'm too ugly for your film but you're just one opinion in a sea of thousands and I'm off to find a kinder tide." Today I have 18 Academy Awards.



Sometimes in life, it can feel as if people do not value us very highly. At times like these, we need to follow the example of Meryl Streep and decide to keep on trying!

When people are considering whether to sell their house, they get something called a valuation. This is where someone visits the house and evaluates

how much they think the house is worth, and therefore how much they think it will sell for. Often, different valuers make different valuations, so the people who own the house have to decide which value they want to follow.

If the owners go too low, the house may sell quickly, but they may miss out on money they could have had. However, if they go too high, the house may not sell because people viewing it may not think that it is worth that much.

Ask the following questions.

- Which voices do you listen to?
- What evaluations are people making about your value and worth?
- Do you realise that you have a choice about whether to believe an evaluation is true or false?

Understanding our value affects how we let others treat us and how we treat ourselves.



Careers festival

VIABLE is a new FREE creative careers festival offering interactive workshops, inspirational speakers, performances, opportunities, advice and guidance for young people aged 14-25 across Bristol and the surrounding areas - the creatives of the future. Come along to find out more about jobs in the creative sector, courses available in the region and routes into the creative industries.



DETAILS:

Thursday 24th October 2024

3-7pm

The Courts, Bridewell Street, Bristol, BS1 2QD

This is a FREE event - please follow the link to sign up

<https://www.creativeyouthnetwork.org.uk/viable-creative-careers-festival-2024>

This Week:

Each week, our dedicated Learning Support Mentors will shine a spotlight on their classes achievements and provide a concise synopsis of their week's events.

Key Stage 2 Class In Key Stage 2 class this week we have been learning about the four countries of the United Kingdom. In our D.T lesson we cooked Welsh cakes. (*Mrs Seagrove was lucky enough to try one and it was delicious! Thank you.*) We have also been working hard with reading this week and have been focusing on words we cannot sound out.



Year 7 Class This week in Year 7, we have enjoyed discovering different foods, music, and artifacts in Cultural Studies, cooking hashbrowns and muffins, conducting an experiment in Science to find out which foods contain carbohydrates, planning a trip and emailing Miss Seagrove about it, experimenting with cyanotype in Art, and preparing an assembly for the Harvest Festival.



Year 8 Class In practical Maths this week, Year 8 have learnt how to plan a trip using bus timetables, which was fun. They have also been working on project portfolios, and I am really proud of them for developing their teamwork skills and generating two fantastic ideas. Half the class are completing a business project called "Pets to Bears" - enjoying the concept of turning a pet into a soft toy that can be kept for life. They are making posters, working on an advert and creating a very memorable jingle that I will be singing in my head for weeks to come! The other half are making air dry clay cats to sell. We have a realistic therapeutic toy cat in the classroom which the learners have named "Cookies and Cream" - in case you hear mention of them at home!

Year 9 Class This week Year 9 continued with their woodwork project and all seem to be thoroughly enjoying it. They have also been learning more about Jane Eyre's plight and loving their Biology lessons on natural selection. On Thursday, the class made breakfast muffins, not one was offered to me! On Friday for their challenge lesson the class challenged me to some games of Blokket, which I inevitably won. For their get active session

on Monday, the class took part in a circuit training routine which left them noticeably quieter, which I enjoyed.

This week has again been great, with the class starting to engage and put increased effort into their learning.

Year 10 Class Some highlights from this week for our class Year 10 include a fabulous



trip to the community farm as part of their Square Foods curriculum. They had a tour of the farm looking at all the different fresh vegetables grown on site as well as apple trees, as well as sampling some homemade soup and baking some scones.



In Art, we have been continuing with our portraits/identities. We have researched famous people's portraits and collages inspired by David



project on Hockney's photo. Some learners have also used their



own photos/self portraits to draw from. We are looking forward to the finished pieces at the end of term and hope to share some of these with you so watch this space!

Year 11 Class During this wet week for Year 11, in Biology

they have focused on the different types of cells within the body, including how they have adapted and their main functions. In PE they managed to brave the upcoming stormy weather and learnt about coming on and off from a major and minor road. Whilst in PSHE our learners discussed the boundaries within relationships and when it is important to know when a line has been crossed - lots of important points were raised and listened to during this time, so well done all!





Dates for the diary next term:

- 25/9/2024 Attendance Briefing Teams online postponed due to SIMS (School Information Management System) *Engage* not being onboarded as their member of staff has gone on long term sick – this will be rescheduled**
- 27/9/2024 Macmillan Coffee Morning
- 9/10/2024 Ashton Gate National Apprenticeship Show
Meet and Greet Learning Support Mentors and Learning Support Assistants
6pm In person
- 17/10/2024 Rowena Hector, the Head of Ashton Park Sixth Form, will be bringing Ethan and Chris (in Year 11 last academic year who both went to Ashton Park this September) with her to talk to Years 10 and 11 about what Ashton Park has on offer in their 6th Form
- 23+24/10/2024 New Mango working 1:1 Year 11s re. careers
- 28/10 – 1/11/2024 Half term
- 4/11/2024 Inset Day
- 5-15/11/2024 Work Experience Fortnight for Year 11s – choice of a week during this time to do work experience
- 8-29/11/2024 Into Film Festival for Schools
- 11/11/2024 Anti-bullying Week – Anti-bullying Alliance Theme: Respect
- 12/11/2024 Odd Socks Day – wear odd socks to show support for the Anti-bullying Week
- 18/11/2024 Mocks for Year 11 begin
- 28/11/2024 Parent/Carers Evening for Years 10 and Year 11 Teams online
appointments
- 3/12/2024 Parent/Carers Evening for Key Stage 2 and Years 7, 8, 9 Teams online
appointments
- 16/12/2024 Christmas Lunch for all
- 17/12/2024 End of term