



# Weekly Bulletin

10<sup>th</sup> October 2024

Dear Parents/Carers, Learners, and Staff,

A big thank you to everyone who attended our recent Meet and Greet! We hope you found it both useful and informative. Attached, you will find the notes from the event, including key details from the Relationships and Sex Education (RSE) section of Personal Social Health Education (PSHE). Mandy, School Cook, was delighted to meet you all and share a selection of the cakes and puddings that are part of our school menu.

We would also like to express our gratitude for your generous donations which amounted to £100 for the Macmillan Cancer Support, raised during our coffee morning a couple of weeks ago. Your support truly makes a difference.

As part of Black History Month, learners have been exploring the contributions of people of colour across all areas of the curriculum. Are you aware of

- **Dr. Maggie Aderin-Pocock**, a Black British space scientist and advocate for accessible science education?
- **Dr. Nira Chamberlain**, a leading Black British mathematician, known for his work in mathematical modelling?
- **Malorie Blackman**, an acclaimed Black British author whose works, like *Noughts & Crosses*, inspire readers to think critically about social justice and equality?

Finally, a quick reminder that Monday, 4th November is an INSET day—there will be no school for learners.

Thank you once again for your ongoing support.

Warm regards,

*D. E Seagrove*



## From our SEN Lead, Mrs Cormack

### October is ADHD awareness month.

ADHD stands for attention deficit hyperactivity disorder and is a neurodiverse difference. Individuals may experience difficulties with one or more of the following – organisation, being distracted easily, impulsivity and staying still. ADHD is always an individual experience, and individuals may not always fit into accepted categories or perceptions.

ADHD can be diagnosed later than some other neurodiverse conditions, often causing low self-esteem.

There are many famous faces with ADHD including Simone Biles, Olympic gymnast with 37 medals. Simone has acknowledged her diagnosis publicly on many occasions. Michelle Carter, Olympian in shot put, also has ADHD and has said the following:

***“What I would tell a kid with ADHD and dyslexia or someone who struggles with anything in life is this: ‘When you put your mind to it, you can do anything,’ ‘‘Learning disabilities do not go away, but you learn how to adapt. You may have to work a little bit harder; it may take a long time; you just may do it differently – but you can do it.’’***

At Belgrave, we celebrate difference so let’s



look at some of the positive characteristics that individuals with ADHD have and applaud them.

Please see attached information leaflet from Sirona for parents and carers of children and young people all about Attention Deficit Hyperactivity Disorder.



## 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/](https://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](mailto:tanyathomas@ashtonpark.net)  
Refreshments will be available.

 Ashton Sixth    @AshtonSixth    ashtonsixth



## **Square Foods recipes**

### **Burger Buns**

500g strong white flour  
1 tbsp caster sugar  
25g butter  
10g salt  
200ml tepid milk  
5g dried yeast  
100ml tepid water  
1 egg, beaten  
Sesame seeds, to sprinkle over

Weigh the flour, sugar, butter and salt into a large bowl and add the milk. Mix the yeast with the tepid water and mix thoroughly into a dough. Turn it out onto a lightly floured surface and knead for 10 minutes until your dough is soft and elastic. Leave to rise for 1 hour in a covered bowl left in a warm place.

Divide the dough into 10 pieces and on a lightly floured surface roll into balls with your hands. Then using a rolling pin flatten into 10cm baps on a floured surface. Place on baking trays lined with baking paper and brush beaten egg over each bap. Cover loosely with cling film and leave them in a warm place for 30 minutes.

Brush with a second coat of beaten egg and sprinkle a pinch of sesame seeds onto each bap. Cover loosely with cling film and leave for a final 30 minutes to rise.

Meanwhile preheat your oven to 200°C/fan 180°C/gas mark 6. Bake the baps until they are perfectly golden, about 10-15 minutes.

### **Black bean burgers**

1 medium onion, finely diced  
2 garlic cloves, finely chopped  
1 carrot grated  
400g chestnut mushrooms, finely diced  
100g *breadcrumbs*  
2 tsp dried oregano  
2 tsp smoked paprika  
1 x 400g tin black beans, drained  
1 ½ tsp salt  
Pinch pepper  
Olive oil

1. Prepare the vegetables and heat a large frying pan over a high heat with a tablespoon of olive oil.
2. Fry the mushrooms until golden brown and all the liquid has evaporated. The longer you cook the mushrooms the more intense the flavour will be. Add the onion and garlic and fry until soft and sweet (add a little more oil if you think it's needed).
3. Meanwhile, in a bowl mash the beans until very smooth and then add the grated carrot, breadcrumbs, salt and pepper and spices.

4. When the onion, garlic and mushroom mix is ready, add it to the bowl of beans etc. Squash everything together until it holds together. Shape the mixture into 4 burgers. Leave to cool and firm up in the fridge for 30 minutes.
5. Prepare your salad: dice the tomatoes and cucumber and shred the lettuce. Before you serve, squeeze lemon juice over and mix.
6. When your burgers have firmed up, heat a little oil in a frying pan over a medium heat. Add two of the burgers. Leave to cook until golden on one side and then carefully turn them over, using a spatula. Once golden on both sides remove to a plate and keep warm. Repeat with the other burgers.
7. Serve in a bun with your favourite toppings and the salad on the side.

### **Potato wedges**

2 maris piper potatoes  
½ tsp salt  
½ tsp pepper  
½ tsp smoked paprika

Cut the potatoes into chip shapes and mix with the rest of the ingredients and cook for 40/45 mins at 180.

### **Coleslaw**

¼ Red cabbage  
¼ savoy cabbage  
1 carrot  
½ red onion  
Salt and pepper to taste  
Juice of 1 lemon  
2 tbsp mayonnaise

Thinly slice all of the veg either with a knife or a peeler. Mix with the lemon juice, mayo and seasoning.

Dan Ford | Kitchen Manager and Community Cookery Teacher  
[dan@squarefoodfoundation.co.uk](mailto:dan@squarefoodfoundation.co.uk)



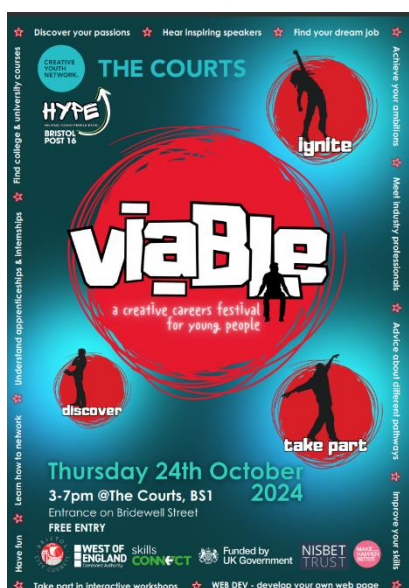
## **Assembly : Harvest**

Today Key Stage 2 and Year 7 introduced the concept of Harvest and explained what it is all about. They also explained what was going to happen to all the kind Harvest gifts of dried

and tinned foods. They are going to be distributed to the sheltered housing in the local area. Well done everyone!

## 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

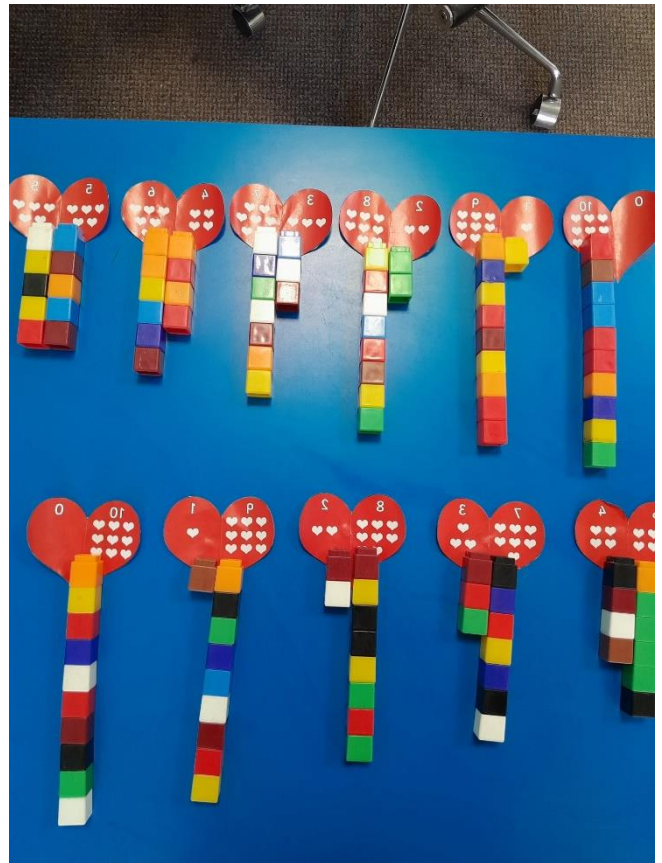
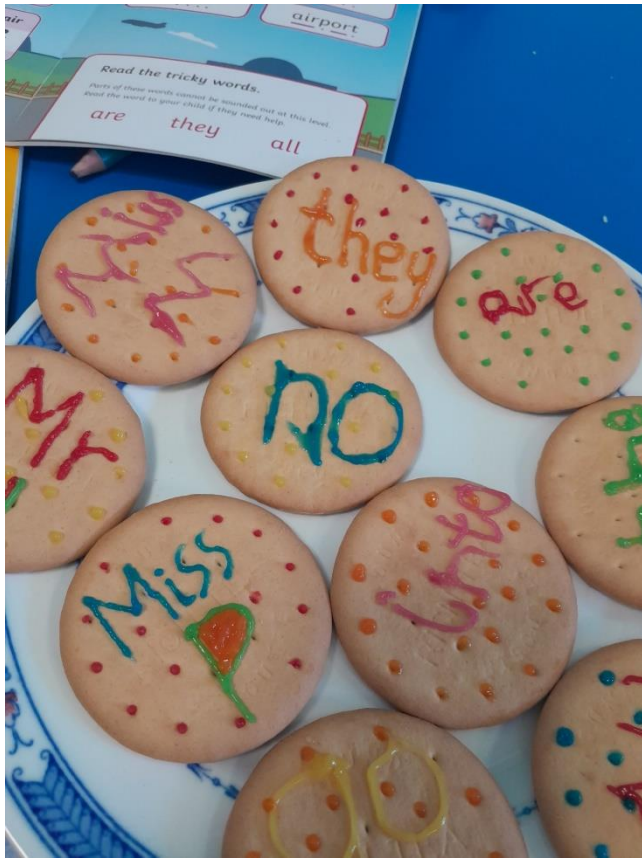
This is a FREE event - please follow the link to sign up

<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 working hard with reading and spelling common exception words. One of our lessons was icing biscuits with our focus words iced on them. We made enough to share with Year 7s. We have also been learning number bonds and used unifix cubes to represent them. In bikeability, we have made good progress and cycled 2 miles!



**Year 7 Class**

**Year 8 Class**

**Year 9 Class**

**Year 10 Class** PE: This week, we continued to refine our cycling skills, focusing on improving awareness and safety in public areas and on the roads.

Squarefoods : Year 10 worked on their chopping techniques by preparing bean and mushroom burgers, served with fresh bread and homemade coleslaw.

English: We have been analysing Macbeth, exploring how masculinity and femininity were represented in Jacobean England. Year 10 have also begun studying poetry in preparation for next year's exams.

Maths: In Maths, we have been working on identifying common factors and applying simple algebraic formulas.

Science: Building on our study of cells, we have explored diffusion, osmosis, and active transport. We have also been using revision techniques and practice exams to reinforce learning.

Art: This week, we are expanding on last week's project by creating more art pieces that reflect personal identity, favourite artists, or meaningful imagery.

Geography: We are continuing our study of coastal environments, focusing on how environmental erosion affects coastlines.

Design: Learners are wrapping up their research and beginning the preparation phase for their projects.

PSHE: The class has been examining the elements of healthy relationships.

Challenge: Learners have started selecting charities to support and are preparing presentations based on their research.

**Year 11 Class** This week, Year 11 have been busy in and out of the classroom! In Biology they learnt about the differences between active transportation and diffusion, whilst in Physics they were reminded about the variation in types of energy storage. In Geography, our learners once again showed their creativity and teamwork, by working together on a presentation about coastal landscapes. The big adventure this week was on Wednesday, when they went to the National Apprenticeship Fair in Ashton Gate and even though it was particularly busy, our learners were able to gain some valuable information and potential next steps for life after Belgrave.



### **Dates for the diary next term:**

- 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