



Dear Parents and Carers,

Thinking back to Spring 2020, it has been a year of incredible change. The change in the way we live, socialise, work and learn. We have all had to manage and cope with personal circumstances, trying to maintain our physical and mental wellbeing as well as supporting our friends and family.

Spring represents new beginnings, rebirth, fresh starts, with the sun energising us to recharge and prepare for the year ahead. For us this means planning for the Summer Term, ensuring we prepare and support our Year 11s to achieve good grades for their GCSE's and obtain qualification which will enable them to progress to college, sixth form or apprenticeships. For our other students it means supporting them to catch up with any gaps in their learning and to support them to transition back to their mainstream schools or to another appropriate provision.

This has been one of the most difficult and challenging years for us all. I would like to say how proud I am of all our staff, students and families for the way in which you have all stepped up and coped. It was wonderful to see the majority of our students return to centre learning and I look forward to seeing all return after the Easter Holidays.

Many faiths and cultures celebrate Spring, Hinduism with Holi, Persians with Nowruz (New Year), Judaism with Pesach (Passover), Islam with Lailat al Bara'ah and Christians with Easter. Whether through your faith and beliefs or just spending time with family and friends I hope you are all able to enjoy some quality time together during the holidays.

I am looking forward to much brighter days and the Summer Term when students returning on Monday 19th April.

Ranjna Shiyani

This term in Food Technology we have adapted to our new virtual classroom and have gone on some virtual trips to boot!

Food for Thought

Our first trip was all the way to India! We explored the busy and colourful markets with a 360 degree virtual experience and explored where all the spices are grown in the wild too. Pupils learnt about the wide range of benefits that spices can provide us with and thought of ways they could include these in their daily diet to boost their health.

Our second virtual experience was a tour of Michelin star restaurant in Mayfair, Hide. Top chef, and owner of Hide, Ollie Dabbous gave us the tour and told us how he made it in the industry. Pupils got to interview him to find out as much as possible

from his intense working hours, his career highs and lows, to his favourite recipes. He also showed students how to make a special pastry dish using quite unique ingredients and garnish techniques which got us thinking about how to present dishes more creatively. Our students then put into practise what they had seen and learnt, and created some fabulous desserts of their own, such as a delicious crème brûlée by Ocean in Year 11.



Lauran Brannigan

Encouraging Wider Reading

At Ashley College, we recognise that young people who read for pleasure can optimise their chances to succeed academically as well as support their well being and good mental health.

As part of our drive at Ashley College to promote reading for pleasure and to share our students' love for particular books, we have encouraged them to participate in competitions this term.

Our students were invited to write a 'blurb' about a book they have enjoyed and draw an illustration to represent the book. We were highly impressed by the quality of the students' writing, their passion for their chosen book and their

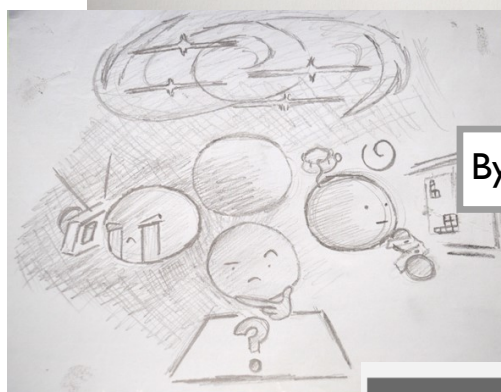
illustrations. We wish to congratulate the following students for their fantastic efforts each of whom have received a prize: Robin Anglin, Ocean Taylor and Asia Dennis.

Caroline O'Gara

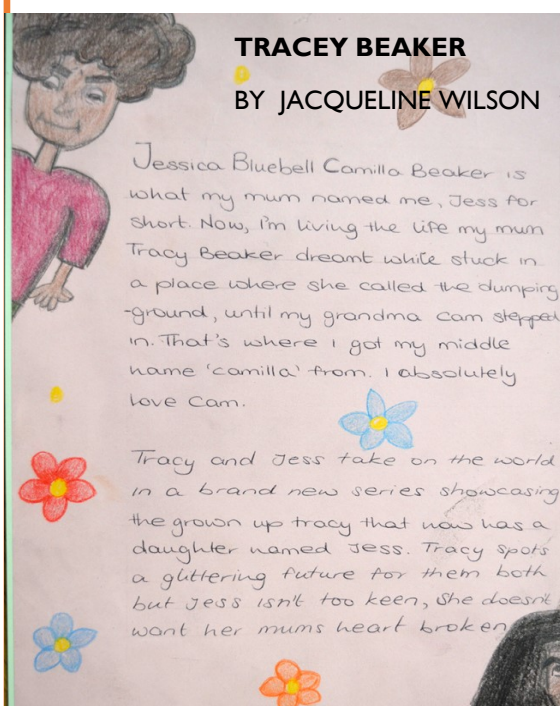
The Curious Incident of the Dog in the Night-Time

By Mark Haddon

This is a story about an autistic child who is very fascinated yet confused about the world. He views his surroundings differently to how most people do. His main goal is to find out who killed his neighbour's dog and why and write a story about the events of his life.



By Ocean Taylor



By ASIA DENNIS

Don Quixote

By Miguel de Cervantes

Follow the honest, dignified, proud, and idealistic, journey of Don Quixote as he strives to become what he deems is of highest respect - a knight. His wistful beliefs throw him into a pit of danger, delusion and disappointment. As intelligent as he is mad, Don Quixote starts out as an absurd and isolated figure and ends up as a pitiable and lovable old man whose strength and wisdom have failed him. He attempts to become the flesh-and-blood example of knighthood to convey the failures of modern society. Willing his contemporaries to face their truth of the corruption of the knighthood and their failure to maintain the chivalry code. Although the underlying themes of morality, it is truly hilarious to watch this absurd tale unfold.



By ROBIN ANGLIN

British Science Week 2021



British Science Weeks is an annual 10-day event, from 5th – 14th March, promoted by the British Science Association.

It is an opportunity to encourage scientific thinking. Here at Ashley College, our students, across KS3 and KS4, had various activities to recognise the diversity in Science, Technology, Engineering, Art and Mathematics (STEAM). We decided to extend this event until the end of this term with a 'Young People in Engineering' session that will culminate in our version of British Science Week.

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

Marie Curie
helixbio

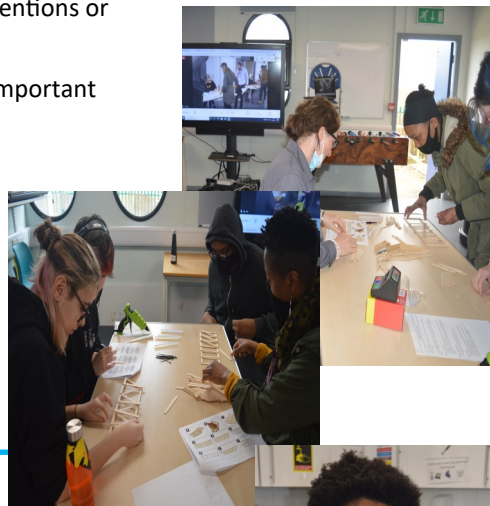


We would also like to thank young Dr Rhami Nanou for sharing his medical school journey, giving our students an insight to a young medics career and answering questions, as well as inspiring our students to achieve their best in what ever career they choose. Some students explored and researched famous innovators, explaining the contribution, and impact, their inventions or discoveries have made on our everyday life.

We also created several displays and posters, sharing some important messages, helpful ideas and innovations in STEAM.

During a session on exploring Engineering our students had a great time building bridges. They engaged in a real-life problem-solving scenario to build a bridge. Working in groups of 3, students created their structure from several single wooden lolly sticks. Students had to make a bridge structure for strength and flexibility. This required students to use creative and strategic thinking with a systematic approach to investigate the best combination of struts and spans using their sticks' collection.

Frank Sampong/Bahae Omid



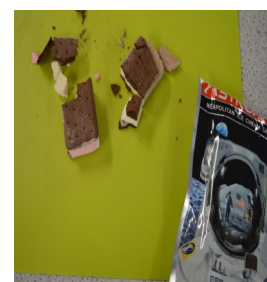
Exploring Science through Food Technology– Space Food

To celebrate National Science Week from a food angle we looked at food in space. We wanted some answers to key questions:

- What kind of food do astronauts eat?
- How do they store it?
- What difficulties could there be bringing food into space?
- How do they rehydrate their dehydrated food, why do they rehydrate it in the first place?
- What does dehydrated food taste like?
- How do they eat and drink with no gravity?!

The students gained knowledge an insight of how Science is used to produce food and they also created their own space dessert using dehydrated milk and chocolate pudding powder with tasty results!

Lauran Brannigan



During Science week the Key Stage 3 students interviewed a female scientist called Judith Irwin.

Judith explained to the students how she trained to be a Bio Chemist in the late 50s when this was not an acceptable profession for women. She studied her degree at King's College Hospital in London and then worked in a laboratory where she was very involved in the early days of cancer research.

Judith explained what a typical day in the research laboratory was like and how she worked with a team of scientists to discover ways to interfere with the growth of cancer cells.

The students discovered how scientific research has developed has over the years and that



Wellbeing at Ashley College

This term we have focused on holding our student wellbeing sessions outside as much as possible. Students have enjoyed connecting with nature and taking moments to be “still” and listen to the sounds around them. When the weather has not permitted this we have used online resources to help create calm and relaxing settings such as underwater scenes. Try relaxing in front of this coral reef experience at home: <https://www.youtube.com/watch?v=G52dUQLxPzg>

As part of our Optimus Wellbeing Award we carry out an annual wellbeing survey with parents/ carers and our students. It was lovely to receive positive feedback such as:



We have wellbeing sessions where we talk about our feelings and take time to just 'be still.'

I always get teachers in the morning asking "How are you today."

This school is very good in taking their students' mental health and wellbeing into consideration.

They work hard to understand everyone's situation and try to find ways to make school not only a better environment but also make school easier to do.

The teachers, and other staff, ask about us and when we do not answer, they make sure that we are comfortable with them asking our friends what is going on. They also allow us to have our time and space and make us feel less suffocated when we are in a highly anxious space.

Contacts during the holiday period

Brent Food Bank

Vestry Hall
Neasden Lane (Church End roundabout) London
NW10 2TS

info@brentfoodbank.org.uk

0203 7455 972

<https://brent.foodbank.org.uk/get-help>

Brent Carers Centre

email@brentcarerscentre.org.uk

020 3802 7070

<https://brentcarerscentre.org.uk/what-we-do/>



Kooth Parent Helpline: 0808 802 5544

Monday to Friday 9.30am – 4pm

<https://www.kooth.com/>



The Samaritans: Call 116 123 9 (24 hours a day)



The Ashley College **Parent Support Group** sessions run once a month. Currently these are via webcam, but we are hoping to all meet face to face towards the end of the summer term in our outdoor space. During the sessions we begin by discussing or having a presentation on a focused topic such as:

Experiencing a google classroom lesson; Understanding the Personal Development Assessment questionnaires; The School Diversity Award; Life during the Covid era

The second half of the session is a safe space for parents and carers to think about their day-to-day challenges, share their own experiences and support each other with

suggested strategies.

Parents have given us the following feedback:

"I think it is fantastic that you have arranged this group it really does help to know that we are not alone and everyone is dealing with their own issues even slightly different ones but we all have the worry for our children and their physical and mental health to deal with as well as our own and to be able to talk to other parents who are experiencing similar circumstances really helps and even to try to be there to help someone else, somehow try to support each other. I think it really does help to know that others are struggling too!"

"I have found the Parent Support Group to be a place to breathe. I have found it very comforting to know, I am not alone with my child who has special needs. There are other parents who can relate and give advice and suggestions."

"I have found the parent support groups really helpful; it is good to meet other parents and share experiences and to have some time just to talk to each other."

Sasha Sharpe

OUTDOOR LEARNING

Princes Trust Course



Some of our students have been attending an animal handling and employability training course at The Strength and Learning with Horses Equine Centre in Edgware.

In the last 3 weeks they have been learning to:

- Clean out the stables.
- Brush and groom the horses and understanding what brushes to use for which job.
- How horses see and use their field of vision.
- Understand the positive and negative body language that horses present and what these mean.
- Respond and communicate with the horses so that they feel safe and will cooperate with their human carer.
- How horses' behaviours and responses can be similar to humans.



Students have enjoyed the outdoors and working with animals and said :

"The course has been the best place I have been before because I am learning how to look after horses."

"It has been fun so far, especially brushing and grooming the horses."

"I am learning how to lead the horses and communicate with them so that they do what I am asking them to."

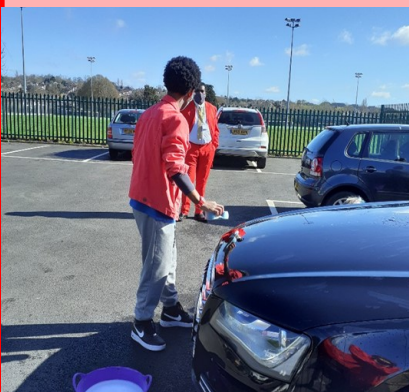
Sasha Sharpe

It was that time of year again, when students and staff at Ashley College engaged in several activities which raised money for Comic Relief and also helped improve their wellbeing. Supporting the campaign to raise funds for programmes that keep children safe, educated and healthy.

We used this special day as an opportunity to support the student's wellbeing by arranging several outdoor activities encouraging students to appreciate the outdoors, socialise with their friends and raise funds at the same time.

Like many schools across the country, teachers, pupils, and staff wore shades of red in support of Comic Relief, Red Nose Day. Assistant Headteacher Sasha Sharpe wore a dinosaur onesie in recognition of the laughter this day brings. She said, 'after the time our students have had because of COVID, making them laugh is a nice thing to do'.

While ensuring they followed all the social distancing rules, the students raised funds through a range of activities, washing cars while listening to music and enjoying the glorious spring sunshine, scoring basketball hoops, skipping and kick-ups. We ended the day by having a cake sale with cupcakes made by the school chef.



'it was lovely to see all our students back in school and hearing them laugh and interact with each other and staff. It was a great end to the week'.

All the students, parents/carers and staff of Ashley College raised a total of £85.00 for Red Nose day. Thank you.

COMIC RELIEF



Anthony Peltier

IMPORTANT DATES FOR THE SUMMER TERM

- Monday 19th April 2021 - Students return to School. Normal start time.
- Wednesday 28th April 2021 - Parent/Carer Progress Review and Target Setting Day
@ 3.30pm – 6.30pm.

HALF TERM : MONDAY 31st May - FRIDAY 4th June

- Friday 25th June 2021 - Year 11 Leaver Event
- Thursday 22nd July 2021 - END OF SUMMER TERM

Support and advice from bereaved young people,
for bereaved young people.

Tel: 0800 02 888 40

<https://www.childbereavementuk.org/get-support>



ASHLEY COLLEGE

ASHLEY GARDENS

WEMBLEY HA9 8NP

Tel: 020 8937 3330

Email: admin@ashleycollege.brent.sch.uk

When there is adverse weather, don't forget
to check our website for information about
school opening at:

www.ashleycollege.brent.sch.uk



2019-2022



HEALTHY SCHOOLS
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