

Ashley Newsletter

Newsletter Date
04/05/20



Hello from Ashley House

How has your week been?

Where did all the sunshine go? I don't know about you, but last week has been a tough one. Not being able to go outside and enjoy the sunshine made staying at home more challenging than usual. But feeling like this is totally normal during this difficult time and it's important that you keep things in perspective, have a break and focus on things you enjoy.

One of my teacher friends from another school wrote a beautiful poem and I think it sums up how we are all feeling, I've included it at the end of the newsletter.

It is important at this time to think about other people who may not be as lucky as we are.

With this in mind, as a school we are going to take on the 2.6 challenge for our school Charity St Michael's Hospice. I've included all the information you need at the end of the newsletter.

As Ashley house, I'm setting you this challenge- I am going to be the first person to do a 2.6 challenge, it is up to you to suggest one for me. When we raise £50 then I will do a challenge that I have chosen from you lot! I'll then nominate someone else to carry on the challenge.

Make sure you start sending me in challenges either via Instagram or email and donate. The challenge will be starting this week. It is an inter house competition so come on Ashley- we've got this!

Keeping in Touch

Wow, this week has been a bit of a steep learning curve for me. I have been introduced to the joys of Instagram and have set up our own House page. Make sure you are following @bhbsashley, we need to get the most followers (not that I'm competitive!) I'll be updating it regularly with what everyone's been getting up to. If you want to share anything feel free to send it to me- ncollingbourne@bhbs.hereford.sch.uk
Please remember if you are under 12 you must get parental permission to go onto Instagram.

News from the Farm

It's been a bit of a soggy week but the animals still need to be looked after. This week has been all about our naughty chickens. We have 5 hens and 2 have decided that they like cat food! They will try everything they can to break into the house and eat the cat food. Now, chickens are not a good animal to have in the house and I was not impressed with cleaning up chicken poo before breakfast!

Still no news from the cows, they are starting to look very fat- imagine a round barrel with a tiny cow head on it and you'll get the picture. I'll post a daily cow update on Instagram, fingers crossed for some calf news next week!

If you are on Instagram you will have seen our bottle fed lamb Dude. This little chap was born 2 weeks early on a freezing February morning and his mum rejected him. He spent a few weeks being bottle fed in our kitchen. He is now out with our other sheep but still likes a cheeky bottle of milk for breakfast.



Amazing Acts and Fabulous Humans!

This week I am focusing on the wonderful people who have taken part in the 2.6 Challenge, let's take our inspiration from them.

Harmonnie Rose

This beautiful little 6 year old girl survived meningitis when she was only 10 months old and as a result, lost all her limbs.

She took on the 2.6 challenge by doing 6 activities she was told she would never be able to do. She did each activity 26 times.

The activities included trampolining, cartwheels and swimming.

She has raised over £60,000 so far for the charity Meningitis Now.

What an amazing little girl.



Prayer and thought for the week-

Isaiah 41:10: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."



The 2.6 challenge was inspired by the London Marathon (a marathon is 26 miles). Due to the lockdown, the marathon and lots of smaller fundraising events had to be cancelled so the 2.6 Challenge has been set up in its place. The London Marathon raises a lot of money for our local charities and because it has been cancelled our local charities will not get the donations they would usually get.

As a school, BHBS have decided to take on this challenge for our chosen charity- St Michael's Hospice. To make it more of a whole school event we have decided to make it an inter house competition.

How it will work-

Each house will have a Just Giving page set up.

You can search for your individual house page by following this link and clicking on the search icon at the top of the page <https://www.justgiving.com/>

Search for your house ie- BHBS Ashley House or follow the links on the school website or Facebook page (these should hopefully be set up by Monday)

You can set up your own challenge (make sure it is safe and appropriate), donate and then share it with your Head of House.

Follow this link for more information and some inspiration!
<https://twopointsixchallenge.justgiving.com/inspiration>

Good Luck, and may the best House win! (Ashley of course)

*When things go wrong as they often do,
When the work you're set leaves you with just no clue,
When the computer is slow and the internet's down
And you want to smile, but you have to frown,
When it's all too much and you want to shout,
Turn it all off and take some time out.
When you long to be back in your familiar classroom
Because it's so hard to understand a lesson on zoom
It's just not the same as laughing at what the teachers do
We understand and, weirdly, we miss that too!
When your work won't upload no matter what you try
And the screen says "error" and you don't know why
Then you hear the sound of your e-mail ping,
Your teacher is asking "have you done this thing?"
You feel the anxiety rising in your chest
Take some time out - it's time for a rest
When the tears start rolling down your cheeks
Because you've not seen your friends for so many weeks.
And then you and your mum have had a big row,
because she said "don't ask me, I've no time right now"
when this crazy world is making you feel full of doubt
close your books and take some time out
What's happening at the moment is strange and tough,
And the work you are doing is more than enough
We know you're worried, sad, bored and unsure
We all are - we've never had to do this before!
So don't stress about school, instead go outside,
Play a game, read a book or go on a bike ride.
Watch some TV or FaceTime a friend
And try to remember this will all come to an end.*

Please don't worry about school work,

we don't want you to.

Instead go and do the other stuff

that makes you feel more like you.

Maybe go in the kitchen and bake a cake

Or take the dog out to swim in the lake

Chat to your sibling - go on, give them a chance....

Or log on to tik Tok and create a cool dance!

Do what you enjoy and look after yourself,

there's nothing more important than your mental health.

After a rest things won't seem so bad,

the work won't be as hard and you'll not feel as sad.

When you log back on you'll see just how close you were

to completing the task that seemed too hard at first.

And if not, then it's as easy as this:

Just send me an e-mail saying "please help me miss"

I'll be there and I'll send a reply

I'll explain it again and say all you can do is try....

Because we do know that you are trying your best

And we, your teachers, will look after the rest.

Don't worry about failing or falling behind,

when we get back to school we'll have time to rewind.

Everybody is Working from home

So take comfort in that you're not in this alone,

The teachers and students are all in the same boat,

paddling like crazy, but only just keeping afloat!

So keep going, do your best and stick with it -

It's when things seem worst that you must not quit.