

Hello from Ashley House



Amazing Acts and Fabulous Humans!

This week it is Anna Kate Morris, a 17 year old student from Bromsgrove. She set up a group on Facebook, and has inspired hundreds of people to knit, crochet and sew hearts for those in need. The handmade hearts are being sent to patients separated from family in care homes, maternity wards and general wards, as well as gifted to hospital staff as a thank you.



Thought for the Week



Hello all, it looks like Summer is here! This next week is due to be a scorcher so make sure you are getting out as much as you can to enjoy the weather. Getting out into nature and doing some exercise is a big part of looking after your mental health and we are so lucky in Herefordshire to be surrounded by beautiful countryside. This week is Mental Health Awareness week and I think this year has highlighted the need to look after your mental health more than ever before. The topic for this year is kindness and we are seeing so many examples of kindness shining through during this testing time. As a society, we must remember these acts of kindness and make them part of our everyday culture.

The Mental Health Foundation has set everyone a challenge to show one act of kindness to someone this week and share it. I would like to take this challenge on and ask everyone in Ashley House to do something kind for someone else. I find that it is often the small things that matter, making someone a cup of tea or just telling someone how much they mean to you. Please share via SIMS or Instagram @bhbsashley.

“Kindness could transform our schools, places of work, communities and families. Let’s shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.” Mental Health Foundation

Keeping in Touch

As always, I would like to remind you to get in touch with your form tutors if you haven't already done so. Keeping with the subject of kindness, make sure you are checking in on your friends. Some of them may be struggling and a quick check on them could make the world of difference to them.



News from the Farm

We have a calf! It finally happened on Friday afternoon. The oldest cow Clover was showing signs of going into labour in the morning. By the time my girls had finished their online lessons, he was born. Little Dexter the bull calf is absolutely lovely and both him and Mum are doing fine. It is our first ever calf to be born on our small holding so we are all very excited and can't stop watching him. Poor little man is going to wonder who these weird people are who are constantly staring at him with silly grins on their faces!

We just have 2 more cows to go, keep updated with Instagram #moocam.

Finally, after a week of stealth chicken stalking, we found where our silly hen was laying and it was in the hedgerow just outside our front door. We now have a nest with 2 weeks of eggs to get through. Best get baking!

I hope you have all managed to see the result of my 2.6 challenge. If not, it is on the school website in the Ashley House section. It was so much fun to do and introduces you to some of our animals, the human ones too!