



Next Two Weeks	
11 th – 17 th May	Mental Health Awareness Week
18 th May	D&T Rotation – See Arbor
22 nd May	Year 11 Prom – read letter here

Pastoral & Safeguarding Updates

Attendance - We would like to remind you that students must not enter the school site before 8:00am, as the premises are not staffed prior to this time, and we are unable to supervise students. Our CREW sessions begin promptly at 8:40am. To ensure a calm and punctual start to the day, students should aim to arrive on site by 8:35am at the latest. We appreciate your support in helping us maintain a safe and well-organised start to the school day.

Applications for 26/27 Travel

The application process for home-to-school transport for the 2026–2027 academic year for **Ashby School** students is now open. If your child requires transport to and from school, please complete the application using [this link](#). Please ensure all applications are submitted by **Friday 24th July 2026** to guarantee arrangements are in place for the start of the new school year. For more information, please [read the letter here](#).

Revision Newsletter

Our latest Empowered to Succeed Revision Newsletter can be [read here](#).

Other Key Dates & Events	
25 th – 29 th May	May Half Term
22 nd May	Year 13 Study Leave Starts
5 th June	Culture Day - Non-Uniform
5 th June	Year 11 Study Leave Starts
18 th June	Year 8 Parents' Evening (Online)
19 th June	Pride – Non – Uniform Day
22 nd June	<p>Catch-up vaccination session for the following vaccinations:</p> <ul style="list-style-type: none"> • Human papillomavirus (HPV) vaccination for young people (starting from school year 8) • 3-in-1 teenage booster + meningitis ACWY vaccination for young people (starting from school year 9)
25 th June	School Early Finish 2pm
25 th June	KS3 Awards Evening
10 th July	End of Term
13 th August	A Level Results Day
20 th August	GCSE Results Day

Personal Development Consultation

As part of the review of our Personal Development curriculum to incorporate the new Relationships, Sex and Health Education (RSHE) statutory content for teaching from September 2026, we are consulting parents around these changes. Please find a letter with further details, links to our draft policy and curriculum and how to share your feedback [here](#). The consultation period is open until 22nd May 2026.

Careers

Apprenticeship Academy - We are delighted to inform you that we have invested in a new programme called the Apprenticeship Academy. It allows us to register all of our Year 10-13 students that are seeking an apprenticeship to ensure they have everything they need to be successful on their journey.

It is of the utmost importance to us that our students are able to get specialist advice on all their options when they finish their education with us. Our school community has access to a [Padlet](#) with a range of resources to support us and our young people at every stage of their apprenticeship journey. We have access to this during and beyond our subscription. Please feel free to use it and share it!

You can read more information about the Apprenticeship Academy in the [letter here](#) and rest assured that your young people will be offered the opportunity to take part when it is relevant to them. If they miss a session they can catch up in their own time.

Careers Bulletin May – [Please read our latest careers bulletin here.](#)

Ashby Arts Festival

ashby | arts festival
DE LA ZOUCH

To enter:

1. Draw and colour your own wild creature. The creature can be found anywhere in the world... in sea, land or sky
2. Write what it is called, what it eats, where it lives.

Download an entry form [Children's Creativity Competition | Ashby Arts Festival](#) or pick one up in Specsavers or the Ashby Tourist Information Centre by the Library.

Competition ends 15th May 2026.
Lovely prizes and trophy given out on 30th May, donated by Specsavers. You have to take part in the fun to win one though!

The judges' decision on prize winners is final.

RULES FOR ENTRY:

1. There must be a name and contact details on the entry form.
2. This should appear on the back of the picture, so the judges are not influenced by knowing to whom the picture belongs!
3. Your finished entry can be given in to Specsavers or Ashby Tourist Information near the library. If shut, you can post through TIC letterbox at any time....see picture.
4. If you win the trophy, you must look after it carefully for one year and then return it to the Arts Festival. Details will be given.



Wellbeing Updates



MENTAL HEALTH AWARENESS WEEK

11-17 MAY 2026

ACTION
FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.

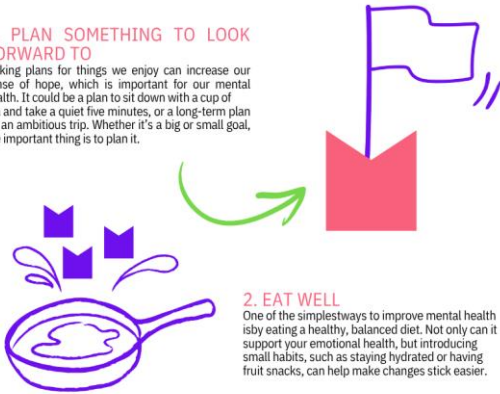


Our top ten actions to support good mental health

Thesimple actions mayhelplift yourmood andimproveyourability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.



3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.



5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health.
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)



COALVILLE CAN MENTAL HEALTH AWARENESS WEEK

11TH - 17TH MAY
WITH ACTIVITIES THE WEEK BEFORE & AFTER TOO

JOIN US
CLASSES // TALKS // WORKSHOPS // DROP INS



WWW.COALVILLECAN.COOP



SUPPORTING WELLBEING

- 6th May Poetry Open Mic; headliner Cathi Rae 18+ 7-9pm £2pp
- 8th May Cathi Rae; Writing Workshop 10:30-12:30am £10pp
- 8th May Soundbath with The Mindful Tide 1-2pm
pay as you feel with donations to andysmanclub
- 11th May Clay Making & Glazing Workshop with Kinsely & Kiln
6:30- 8pm £15pp
- 11th May Mindful Meditation with The Mindful Tide 7-8pm £5pp
- 12th May DROP IN 6-8pm Find out more about NEW monthly sessions supporting mens mental health (starts 4th June)
- 13th May Waste Warriors - Group Litter pick 9:30-10:30am FREE
- 13th May Exhibition Opening - Ibstock Safari (for families) FREE
- 13th May TALK - A Man's Story: Grief, Life & What Comes Next
6:30-7:30pm FREE
- 14th May DROP IN 2-5pm Find out more about NEW monthly sessions supporting mens mental health (starts 4th June)
- 14th May FAMILY Wellbeing Soundbath with The Mindful Tide
6:30-7:30pm £5pp
- 17th May Mens Circle with Emerging Horizons 1-3pm
- 20th May WELLBEING WEDNESDAY on the theme of Emotional Release including;
6-7pm Chakra Dancing with Divine Realm £5pp
One to One Tapping (30min Taster sessions)
between 6-8pm with Joyfully Well
Introduction to Reiki in conversation with Adam Greaves

FREE Listening Woods Project activities also running - pick up a flyer today!
Head to www.coalvillecan.coop (WHATS ON page) for full details

Book your place online



All ages welcome

What's been happening...

Colour Run - KS3 students took part in a vibrant and energetic sponsored Colour Run on Friday 1st May in support of LCH Charity – Lifting Children's Hopes Inspired by the charity's *School Colour Dash* initiative, students completed a run around the school grounds while being showered with bursts of colourful powder and bubbles. The event brought together students from Years 7 - 9, celebrating inclusivity, teamwork, and the joy of giving back.



Through their enthusiasm and participation, students helped raise awareness and funds for LCH, a charity dedicated to supporting children facing hardship across the region. It was a lively, memorable afternoon that combined fitness, fun, and a shared commitment to making a positive difference. We will share our fundraising total once confirmed!



DofE Gold Training Weekend, Dark Peak –

written by Freya, our DofE Young Leader who is also doing DofE Gold.

The DofE training weekend took place in the Dark Peak from 21st of March - 22nd of March.

Throughout the weekend, key navigation and camping skills were the key focus of our training, giving each group the chance to build on their prior knowledge from previous expeditions and learn some new skills essential for DofE gold.

Day 1 - Once everyone had arrived at the car park, we split into our two groups and had a kit check, before planning our routes for the day. By 10:00, we had put on our bags and were setting off on our route through the hills. After a few breaks and having learnt some new navigational techniques such as: taking a bearing and recording our paces, we hiked back to the campsite. By 6pm, we had set up our tents and were gladly cooking our meals for the evening.

Day 2 - 8am the next morning we were all up, cooking our breakfast and planning our route for the day. By roughly 9:30am, each group had left the campsite for our second day of hiking. Throughout the second day, we put many of the navigational techniques learnt from the previous day into practice when navigating our way up Kinder Scout. By the end of the second day, we had also covered various first aid scenarios with our team leader, outlining what the best course of action would be for each situation, to how to best avoid any further injuries. Having finally returned to Edale car park, we were debriefed by our team leader and then were let go.



What's been happening...

Aquathon – The Aquathon has been running since 2008 and is organised and run by over 30 staff and student volunteers. It consists of a 400m swim followed by a 3k run. Students and staff can either participate individually (where they swim and then run, and the clock doesn't stop) or they can enter as a team where one person swims and then the other completes the run.



This year we had 78 competitors, with students from every single year group taking part, along with members of staff.

Each Aquathon competitor pledges to raise a minimum of £5 each for their Year Group Charity. This means this year's event will raise a minimum of £390 – likely to be more as many students & staff raise more!



This year's Aquathon was a recording breaking year. We had two school records beaten (one which had stood for many years).

- Oliver Wideman set a record for the fastest run ever (9.42).
- Jamie Hockey & Harry Wideman set a record for the fastest team (15.34) – This is also the fastest time ever!



The weather was very kind to us and it was a lovely afternoon had by all. Thank you to all the students and staff that took part and for all of the money that has been raised for the Year Group Charities.

We're looking forward to next year's event already!

Events & Community Information...

★ ASHBY SCHOOL PRESENTS ★

OUTDOOR CINEMA

★ BIG SCREEN. GREAT FILM. UNFORGETTABLE NIGHT. ★



FRIDAY 5TH JUNE
DOORS OPEN 7.15PM
FILM STARTS 8.15PM

THE GREATEST SHOWMAN

POPCORN AND SNACKS AVAILABLE

BRING YOUR BLANKETS AND CHAIRS

OUTDOOR EVENT - DRESS FOR THE WEATHER

FULLY LICENSED BAR SERVING A RANGE OF DRINKS

TICKETS:
Seaty.co.uk/tgsoutdoorcinema

Bring your blankets, chairs, friends and family and settle in for a magical night of music, colour and community.



Supporting families through life's challenges

ADHD

workshop for Parent/Carers - *limited availability!*

WHERE:

Loughborough, Mountfields Family Hub -
Wednesday 6 May 6.30pm-8.30pm
and Wednesday 3 June 7-9.00pm

Lutterworth Family Hub -
Wednesday 12 May and Tuesday 2 June 12.30pm - 2.30pm

- ✓ Suitable for families living in Leicestershire County
- ✓ Any stage of their ADHD journey
- ✓ Covering: "All about ADHD" & "Parenting Hacks"



To book a place contact Rachel by text on **07743 321319**



ASHBY SIXTH FORM'S

LEAVERS. PROM

2026

TICKETS AVAILABLE NOW

FRIDAY - 21ST AUGUST, 2026
7:30PM - 12:00 AM

COLWICK HALL, NOTTINGHAM
NG2 4BH

SMILE!!!

IT'S NEARLY TIME FOR OUR YEAR 12 REWARDS TRIP!

WED 3RD JUNE



PAYMENTS DUE ON WISEPAY BY

FRIDAY 15TH MAY

