

Centre of the Cell

On Wednesday 27th September, Year 9 students visited the Centre of the Cell which is a Science Education Centre at Queen Mary, university of London. As part of their Key Stage 3 studies students were captivated by the virtual displays and interactive games which opened their eyes and enabled them to learn interactively about the amazing world of cells, the Human body and the latest medical research.



ATTENDANCE



We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of students and their level of attainment. Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of college hours. The expectation of the Governing body is that all students will achieve a minimum annual attendance rate of 96%. The only circumstances in which absence from college will be authorised are when your child is too ill to attend or permission for leave of absence, due to exceptional circumstances, has been received from the Principal.

FLU VACCINATION TIMELINE

Vaccines are the most effective way to prevent infectious diseases. It's important that vaccines are given on time for the best protection, view the timeline below to check and see when your child's vaccine is due. For more information on vaccines, visit the NHS website: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

QUOTE OF THE WEEK


"Knowing what is right does not mean much unless you do what is right."
- Theodore Roosevelt.



YOUTH ASTHMA STUDY

**Tell us what you think
about access to support, quality of medical
care, and education available for Asthma
where you live.**

Point your phone
camera at this
QR Code:



or visit this link: bit.ly/youth-asthma-study


Your feedback will lead to improvements, positively impacting the health and wellbeing of **children, young people and families living with Asthma.**

We're looking for responses from people who live, work or study
in **Brent or Kensington & Chelsea or Ealing.**

	Week Commencing: <i>Monday 9th October</i>	
MENU 1		
MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	<i>Strawberry Ice Cream and Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	<i>Jam Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	<i>Lemon Tart</i>	<i>Fresh Fruit and Yoghurts</i>
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	<i>Strawberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	<i>Fresh Fruit Salad</i>	<i>Fresh Fruit and Yoghurts</i>
<i>Please note that all main meals are served with Fresh Vegetables of the Day. Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily</i>		

TRAFFIC CONGESTION OUTSIDE THE COLLEGE

The necessity for staggered starts at the beginning of the day, along with the two other schools that share the road, means that we have to be extra vigilant about traffic and safety outside the College. Please can we reiterate that no cars are to be parked on the double yellow lines, up on the pavement or on the 'keep clear' areas. Cars should also avoid turning in the road, as this is leading to congestion in both directions. We ask those who must come by car and are unable to walk, to be dropped off at the designated time with no waiting. Thank you for your continued support.



October 2023

October		
Tuesday 10th	All Day	World Mental Health Day