

Hewens Road, Hayes, Middlesex, UB4 8JP



FRIDAY 6TH OCTOBER, 2023

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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-havethem/

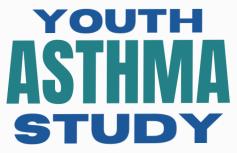
QUOTE OF THE WEEK

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

- Theodore Roosevelt.







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: Monday 9th October

MENU 1

MONDAY			
Meal Choice 1	Lamb Curry with Rice		Halal
Meal Choice 2	Teriyaki Chicken with Rice		Halal
Meal Choice 3	,		Non Halal
Meal Choice 4 Baked Jacket Potato with Various Fillings		Vegetarian	
Weal Choice 5 Gluten free Chicken Goujons with Potatoes and Beans		Gluten/Dairy Free	
Vegetables	Sweetcorn and Green Beans		Glutell/ Dally Free
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Enoch	Fruit and Yoghurts
TUESDAY	Su awberry ice di earn and i resh Su awberries	116511	Truit and Tognurus
Meal Choice 1	Consultanti Dalamana		Halal
	Spaghetti Bolognese		
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		= 6 OV 4 .
Dessert Choice	Jam Sponge	Fresh	Fruit and Yoghurts
WEDNESDA			
Meal Choice 1	Tuna Pasta Bake		
Meal Choice 2	Chicken Tikka Masala with Rice		Halal
Meal Choice 3			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	Lemon Tart	Fresh	Fruit and Yoghurts
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	Strawberry Jelly Fresh		Fruit and Yoghurts
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	Fresh Fruit Salad Fresh F		Fruit and Yoghurts
	ase note that all main meals are served with Fresh Vege made Soup of the Day and Baked Jacket Potato with Filli		

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

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Tuesday 10th All Day World Mental Health Day