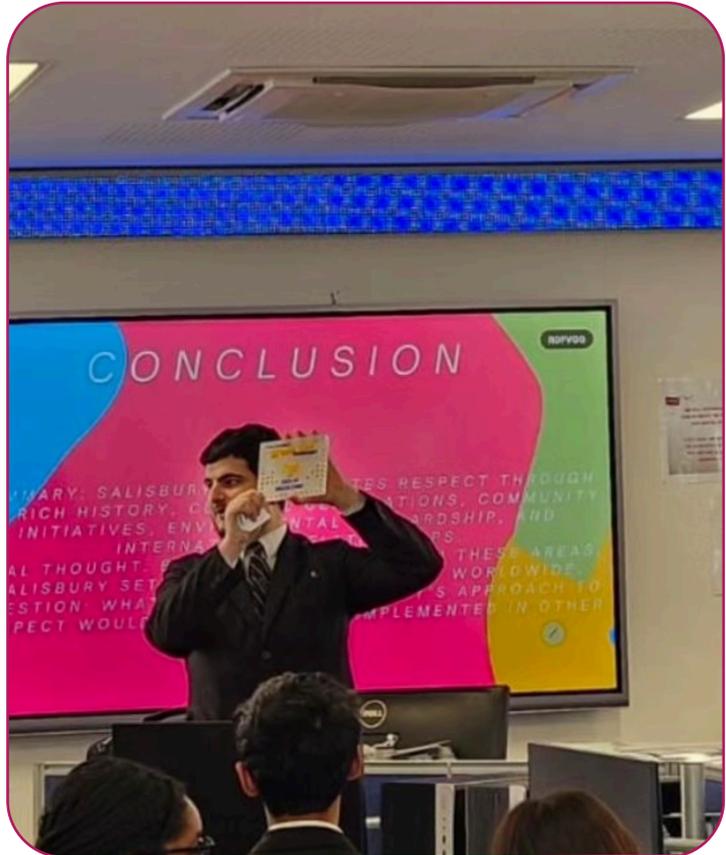
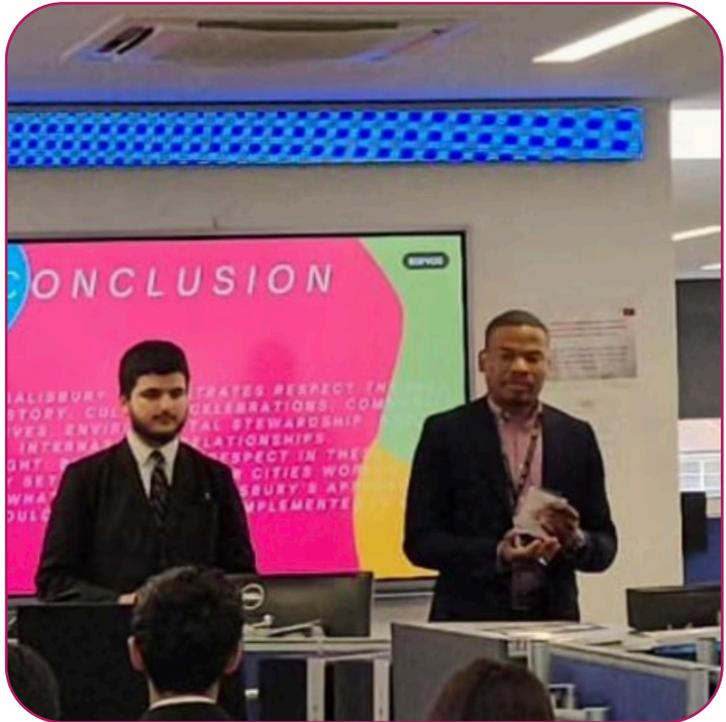


Jack Petchey Speak Out Contest

As part of our assembly on Thursday 23rd May, we celebrated a wonderful achievement. Omar from Year 10 came second in the Jack Petchey Digital Speak Out debating competition, which includes contestants from schools and colleges all over London and Essex. Omar's speech was about countries without borders and freedom of movement. We are very proud!



GRO Health

GLL/ Better Health has partnered with NHS Northwest London to promote a health and wellbeing app to families called GRO HEALTH.

With a vision and ambition of addressing childhood obesity in NW London and combating long-term health issues or conditions stemming from an inactive or unhealthy lifestyle. We want to start by programming healthy behaviours from childhood and work with families to achieve a healthy future for generations to come.

Find out more on GRO HEALTH at: <https://www.grohealth.com/> Through NHS NW London the app is available FREE to local families for 12 months from sign up. Eligibility for FREE registration is determined by at least one adult over 18 years old and at least one child between 5-18 years old living in the same household.

Registered users will have access to:

- Thousands of healthy recipes and meal plans; starting from £1.50 a meal and tailored specifically to dietary requirements and preferences.
- Workout videos; suitable for the whole family, from easy seated exercises through to more active
- Mindfulness activities
- Sleep advice and much more...



Available Support for Young People

Maintaining good mental health is crucial to overall wellbeing. Fortunately, there are many support services available for children and young people.

SSS Learning has produced a free resource designed to offer advice on how families can safeguard their children's mental health and promote their wellbeing. For 10 top tips on practical ways to positively promote your child's mental health, please visit (<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>).

Kooth is a support service that provides ideas for relaxation and mindful activities to help reduce stress and anxiety, as well as offering emotional and mental health support; (<https://www.kooth.com/>). Additionally, YoungMinds is a national charity championing the emotional wellbeing and mental health of young people by offering support, advice and guidance to ensure they can access the right help; (<https://youngminds.org.uk/>).

	Week Commencing: Monday 3rd June	
	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	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
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	Jam Sponge	Fresh Fruit and Yoghurts
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	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 Fruit and Yoghurts
<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>		

Quote of the Week

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." - *Winston Churchill*

	June 2024	
June		
Monday 3rd to Thursday 20th	All Day	GCSE Examinations
Tuesday 4th	All Day	Year 11 Magistrates Court Trip
Friday 7th	2:00 to 4:00pm	Brilliant Parents Seminar
Fiday 14th	All Day	Year 9 Natural History Museum