

CPR Training

This term during Enrichment Week, we welcomed back the British Heart Foundation's Cardiopulmonary Resuscitation (CPR) training, which we have not been able to offer since the coronavirus outbreak. Year 9 students learned how to administer CPR by practising on individual manikins, and provided written knowledge from the session. In addition to acquiring this potentially life-saving skill, students also learned the location of the campus defibrillator and saw first-hand what a defibrillator really looks like and how to use it.



Changes to Coronavirus Testing

On Monday 21st February, the government removed the guidance for staff and students in most education and childcare settings to undertake twice-weekly asymptomatic testing. Staff and students of secondary age and above in Special Educational Needs and Disabilities (SEND) settings within mainstream settings are advised to continue twice-weekly testing. The education testing delivery channels will remain open so that staff and students of secondary age and above can access tests if needed to respond to local public health advice, in particular in relation to outbreaks. Staff and students are also able to access test kits from their local pharmacy or online via (<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>).

Changes to Self-Isolation

On Thursday 24th February, the government removed the legal requirement to self-isolate following a positive test. Adults and children who test positive will continue to be advised to stay at home and avoid contact with other people for at least 5 full days, and then continue to follow the guidance until they have received two negative test results on consecutive days. For further information about the changes to self-isolation and the daily testing of close contacts, please visit (<https://trhat.co.uk/covidpage-ds/>).

Year 11 Trial Examinations - Supporting Your Child

Trial examinations will take place for all Year 11 students from Monday 7th to Friday 11th March. As we approach the period of trial examinations, it is vitally important for students to settle into regular and structured home revision to give them the best possible chance of examination success. Below are some tips for parents, guardians and carers on how to help your child with home revision:

- Provide them with a comfortable, quiet and well-lit area to work in
- Keep siblings occupied at revision times
- Ensure they are properly hydrated and are eating well
- Ensure they have adequate sleep
- Help them to put a home revision schedule together
- Break revision times into small 15-to-20-minute periods
- Ensure they have the books and equipment they need to properly revise
- Encourage them to adopt revision techniques such as writing brief notes to act as prompts
- Keep positive, create a 'can do' attitude


National Careers Week

This year, National Careers Week will take place from Monday 7th to Friday 11th March. There are lots of ways that students can get involved, from attending in-person and virtual work experience, through to careers fairs and workshops. Over the past few weeks, students in Key Stage 4 have been attending assemblies, talks and presentations in relation to possible career paths and options. In addition, our Year 11 students continue to have one-to-one appointments with the Careers Advisor, who provides our students with valuable careers information and guidance on Post 16 choices.

		Week Commencing: Monday 7th March	
MENU 4			
MONDAY			
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal	
Meal Choice 2	Spaghetti Bolognese	Halal	
Meal Choice 3	Spaghetti Bolognese	Non Halal	
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian	
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free	
Vegetables	Broccoli and Cauliflower Florets		
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts	
TUESDAY			
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal	
Meal Choice 2	Beef Tikka Masala with Rice	Halal	
Meal Choice 3	Beef Tikka Masala with Rice	Non Halal	
Meal Choice 4	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian	
Meal Choice 5	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free	
Vegetables	Carrots and Green Cabbage		
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts	
WEDNESDAY			
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal	
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal	
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal	
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian	
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free	
Vegetables	Sweetcorn and Green Beans		
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts	
THURSDAY			
Meal Choice 1	Mexican Chilli Mince Wraps	Halal	
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal	
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal	
Meal Choice 4	Cheese and Onion Tart	Vegetarian	
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free	
Vegetables	Peas and White Cabbage		
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts	
FRIDAY			
Meal Choice 1	Fish Cakes with Potato Wedges		
Meal Choice 2	Fish Fingers with Potato Wedges		
Meal Choice 3	Macaroni Cheese	Vegetarian	
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free	
Vegetables	Roast Carrots and Cauliflower		
Dessert Choice	Custard Tart	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

"Your self-esteem won't come from body parts. You need to step away from the mirror every once in a while, and look for another reflection, like the one in the eyes of the people who love you and admire you." - Stacy London

		March 2022	
MARCH			
Monday 7th to Friday 11th March		Year 11 Trial Examinations	
		National Careers Week	
Tuesday 8th	4:00 to 5:00pm	After College Clubs	