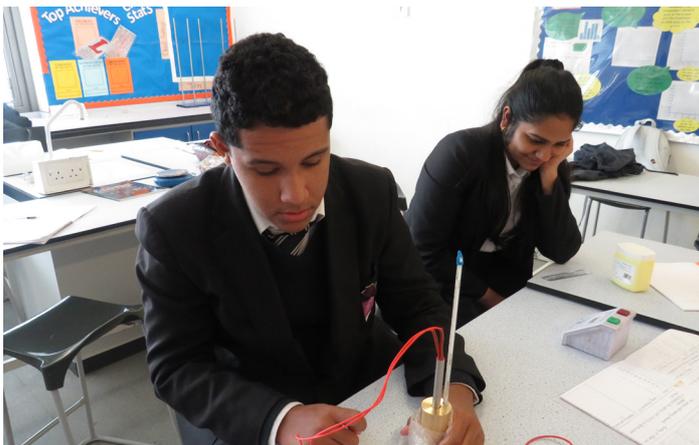
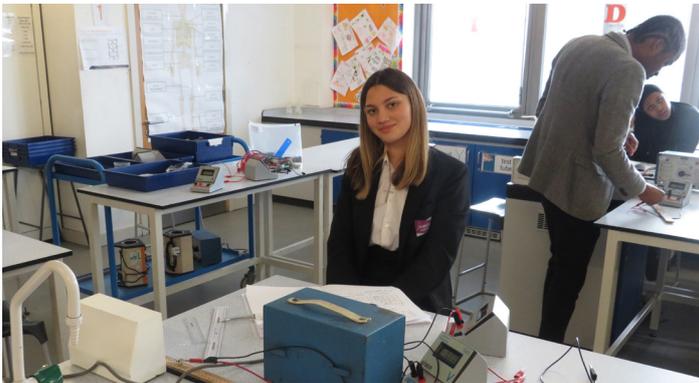
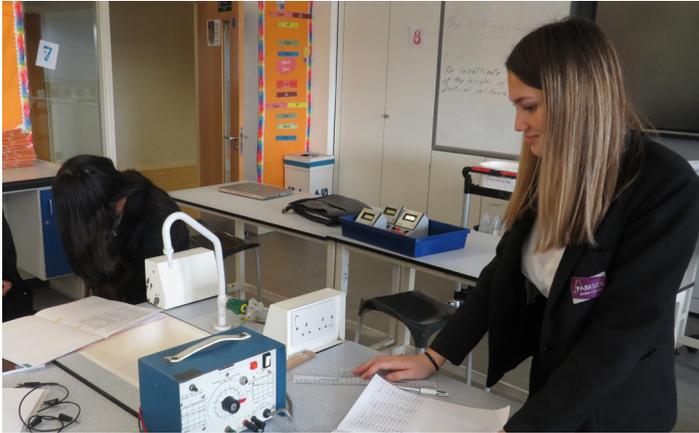


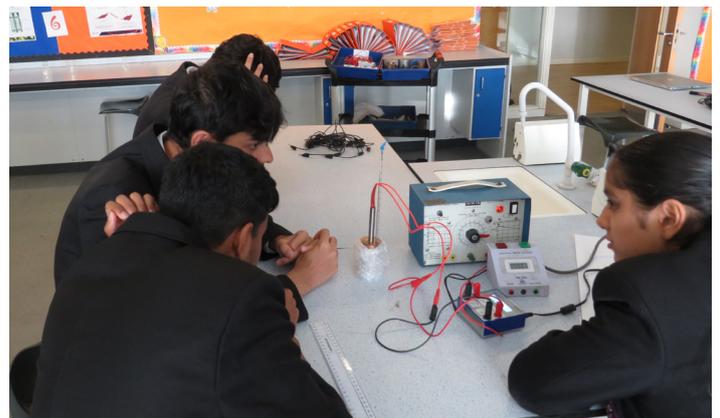


## Year 10 Science Practical

In the current global energy crisis, students have been learning about the scientific concepts related to energy and heating during their science lessons, on Monday 31st October, students in Year 10 completed a practical session in which they had to measure the energy transferred to the metal blocks and the temperature increase at consecutive 60 seconds time span. The data collected was analysed to determine the specific heat capacity of each material.



Cross curricular links were made to calculate the energy needed to heat up different materials around the home as well as to use current market prices per KWH to calculate the cost of heating. Students worked together in groups to do the experiment, and they thoroughly enjoyed it, they worked well together and supported each other to calculate the correct costs. Well done Year 10!



## Upcoming Enrichment Week

The next Enrichment Week will take place from Monday 7th November through to Friday 11th November. Students in Years 9,10 and 11 will be invited to attend sessions to support them in catching up with their learning. Letters will be sent home to parents, guardians and carers with full details of the intervention classes, activities and catch-up sessions. If you have any questions or require any further information, please do not hesitate to contact the College.

## Years 10 and 11 visit to The Bank of England Museum

On Tuesday 15th November, students in Year 10 and 11 will have the opportunity to take part in a visit to the Bank of England Museum, as part of a subject enrichment activity. Students will be travelling to and from the venue via public transport, school uniform needs to be worn for the trip. Students will need to bring a packed lunch. If you would like further information about the trip please contact the College office.

## International Stress Awareness Week

International Stress Awareness Week is an annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues.

Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational.

There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout.

Please visit the NHS website for more useful tips and advice on dealing with stress: <https://what.co.uk/nhs-every-mind-matters-mental-health-issues-stress/>.

# TOP TIPS

## TO DEAL WITH STRESS AND BURNOUT

### #stressawarenessweek



**Split up big tasks**  
If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them. Making a habit of this can really help



**Allow yourself some positivity**  
Take time to think about the good things in your life. Make an appointment with yourself each day to consider what went well and try to list 3 things you're thankful for.



**Try self-help CBT techniques**  
Our short video guides and practical strategies can help you deal with worries, anxiety and unhelpful thoughts, work through problems in new ways and build resilience.



**Be more active**  
Being active regularly can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.



**Talk to someone**  
Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.



**Plan ahead**  
Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.




	<p><b>Week Commencing: Monday 7th November</b></p> <h2 style="margin: 0;">MENU 1</h2>
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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
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		



# November 2022

NOVEMBER	
Monday 7th to Friday 11th	Enrichment Week
Tuesday 15th	Years 10 and 11 Trip to Bank of England Museum
Wednesday 23rd	Media Trip to PS London