

## Year 9 and 10 Road Safety Workshop



On Tuesday 23rd April, students in Years 9 and 10 took part in a Road Safety workshop, which was delivered by Riot Act, a performing arts company that delivers workshops in relation to Road Safety. During the workshop students were briefed on road safety guidelines and the negative impact mobile phones can have on road safety.



The group used a vivid dramatization of a fictional character called Sarah who was on her mobile phone whilst crossing a motor way, which led to her untimely death. The workshop also taught students about the importance of peer relationships, and how these can have a negative effect on decisions that are made by young people.





PUBLIC EXAMINATIONS - Year 11 and Post 16 Students

The timetable of public examinations for the summer series has now been published and commences the week beginning Monday 6th May 2024.

It is of vital importance that each student attends college fully prepared for each examination, and at least 30 minutes before it is scheduled to commence. Students are required to attend all examinations in full college uniform and with the required equipment. The use of mobile telephones and other electronic devices are NOT PERMITTED in the examination hall including smart watches. Therefore it is requested that students do not bring these items to college when they have an examination. If students do need to have any such devices with them, they must hand them to the invigilation staff at the start of each examination. Failure to do so may result in disqualification from the examination.

Students must attend the examination(s) for which they have been entered. In the event of illness or an emergency situation that prevents your child attending or means your child will be late, please make contact with the College as soon as possible so that appropriate advice can be given and arrangements put in place. Please note that your child's final examination grade will be adversely affected if he/she fails to attend a scheduled examination.

ASTHMA PARENT SUPPPORT



At Asthma + Lung UK, we give advice and support to everyone living with a lung condition.


Our online Parent Carer Support Network is a safe and friendly space for parents, carers, and anyone who looks after a child with asthma. Get free expert advice on how to manage your child's asthma and meet other families who understand what you're going through.

March 2024	<b>Help your child at home:</b> Understand your child's asthma action plan and how to manage their asthma at home.
April 2024	<b>Managing your child's medication:</b> Discover the different types of inhalers and learn how to manage your child's medication.
May 2024	<b>How does air pollution affect asthma?</b> Learn about the effects of air pollution and seasonal allergies on your child's asthma.
June 2024	<b>Breathing well:</b> Help your child to breathe well when they are feeling breathless.
July 2024	<b>Sweet dreams:</b> Make sure your child gets the best night's sleep possible, when living with asthma.
August 2024	<b>Back to school:</b> How to help your child manage their asthma in school.
September 2024	<b>After school clubs and asthma:</b> How to help your child manage sports and clubs when they have asthma.
October 2024	<b>From hospital to home:</b> What happens when your child is admitted to hospital, and what to do when they are sent home.
November 2024	<b>Stay well in the festive season:</b> Get help with managing allergies, intolerances and asthma in the festive season.



To sign up to our online sessions, scan the QR code or visit [asthmaandlung.org.uk/parent-carer-support-network](https://asthmaandlung.org.uk/parent-carer-support-network)  
Contact us on [supportgroups@asthmaandlung.org.uk](mailto:supportgroups@asthmaandlung.org.uk) or 0300 222 5800.






**Week Commencing: Monday 29th April**  
**MENU 3**

<b>MONDAY</b>		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	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	Orange Jelly	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	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>		

BANK HOLIDAY – Monday 6th May

Please note that Monday 6th May is a bank holiday, therefore, college will be closed and will resume on Tuesday 7th May at the normal time of 8:45am



**May 2024**

<b>MAY</b>	
Monday 6th	Bank Holiday
Thursday 9th	Year 9 and 10 Bank of England Trip