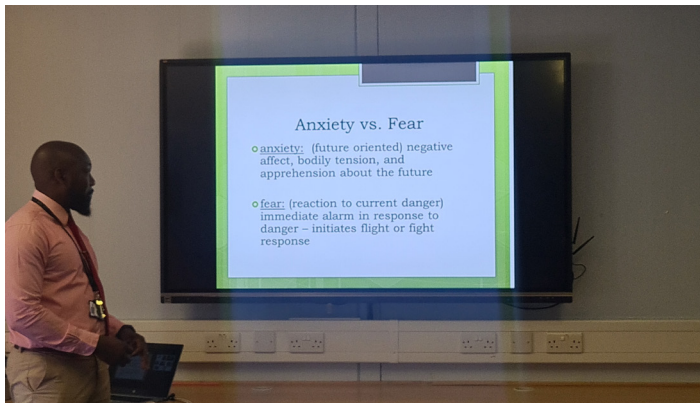
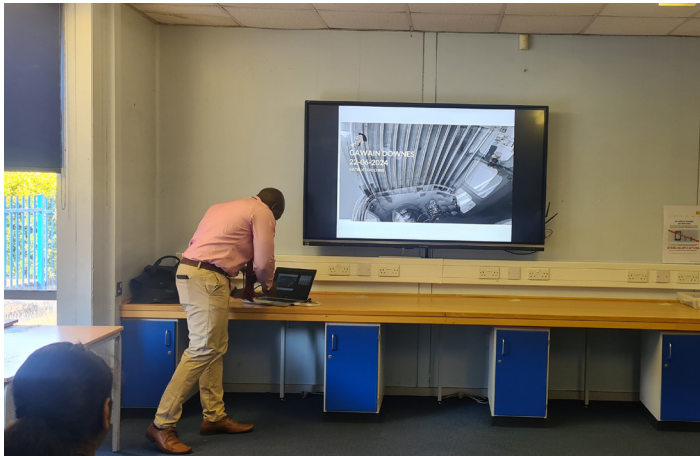
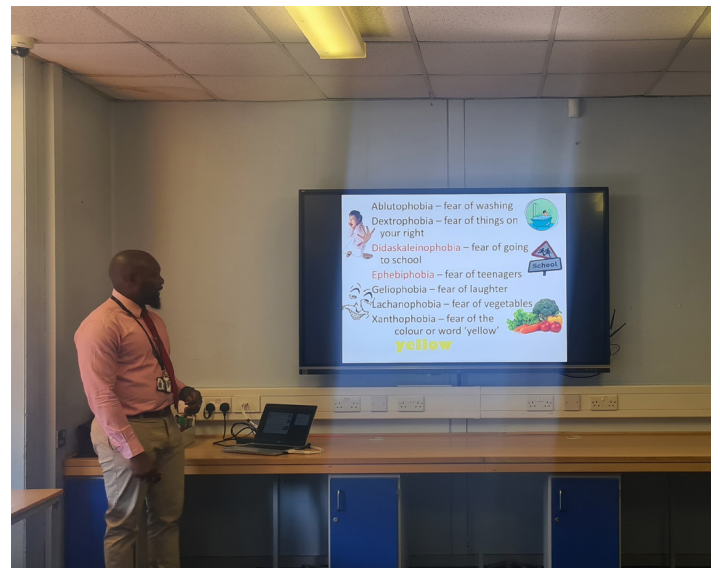


Anxiety and Fears Assembly

On Wednesday 26th June, Mr Downes delivered a whole school assembly on the topic of Anxiety and Fear, which is becoming increasingly common amongst teenagers. Mr Downes shared with students a video of his recent skydiving experience. He highlighted that at first he did not know what to expect so he was anxious, but as he became familiar with the instructor he started to feel more comfortable.



Mr Downes discussed in detail the causes, effects and coping strategies. Students were interactive and motivated to adopt a growth mindset, get organised and stay active. Thank you to Mr Downes for sharing his life experience!



End of Term

The Summer Term ends on Friday 19th July. All students will be expected to attend college on the last day of term in complete college uniform at the normal time, but students will be dismissed at the earlier time of 12:15pm.

Recycle and Re Use Uniform

As the summer term is coming to an end, please consider recycling your child's pre-loved uniform by donating it back to the college to support a family in need of updating their child's uniform for September. The donation collection point is located at the College administration office. Pre-loved uniforms will be available for free throughout the college year for our parents, guardians and carers in need of support. Parents, guardians and carers are encouraged to contact the College for access to these uniforms. Uniform in wearable condition can be donated to and collected from the College at any time.

If your child's college uniform is irreparable, it can be upcycled into new and transformed items. You can recycle irreparable uniforms through a number of routes via charity shops, recycling banks or your local HWRC (Household Waste and Recycling Centre). This will give irreparable uniforms a new lease of life which will have a positive impact on the environment.

Summer Holiday Workshops

Hillingdon are offering a range of free fun family workshops this summer. For all the information and to book on, please click here [<https://trhat.co.uk/wider-family-learning-summer-holiday-workshops-2024/>].



SUMMER WORKSHOPS

	Week Commencing: Monday 8th July	
	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

'Let us remember: One book, one pen, one child and one teacher can change the world'.

Malala Yousafzai

	July 2024
JULY	
Thursday 11th	Sports Day
Friday 12th	Sports Day
Monday 15th to Thursday 18th	PIFA week
Friday 19th	End of Term