



## Empowering Our Students: *Project Guardian Workshop*

We are thrilled to share that our Year 9 and 10 students recently participated in an enlightening Project Guardian workshop delivered by the Met Police and London Transport. This initiative is part of our ongoing commitment to ensure the safety and well-being of our students, particularly when navigating public transport.

The workshop provided invaluable advice and guidance on how to stay safe and respond to sexual harassment on public transport. Here are some of the key takeaways that our students learned:

1. **Stay Aware:** Always be mindful of your surroundings. If something feels off, trust your instincts.
2. **Speak Up:** If you experience or witness harassment, don't stay silent. Report it to the authorities or a trusted adult.
3. **Use Resources:** Familiarise yourself with the available resources, such as helplines and support services.
4. **Travel Smart:** Try to travel with friends or in well-lit, populated areas whenever possible.
5. **Know Your Rights:** Everyone has the right to feel safe. Harassment is never acceptable, and there are laws in place to protect you.

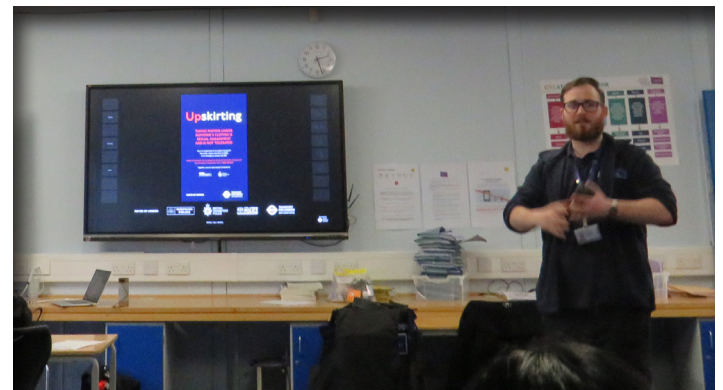


One of the highlights of the workshop was when the police officers acted out a potentially difficult scenario involving harassment on public transport. This interactive session challenged our students to think critically and offer advice on how to handle such situations. It was an eye-opening experience that helped students understand the importance of staying vigilant and knowing how to respond effectively.

We extend our thanks to the Met Police and London Transport for their dedication to keeping our community safe. Their expertise and commitment to educating our students are truly commendable.

As a community, let's continue to support each other and create a safer environment for everyone. Remember, safety is a shared responsibility, and together, we can make a difference.

Stay safe and empowered



## Year 11 Trial Examinations

Trial examinations will take place for all Year 11 students from Monday 3rd to Friday 7th 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.

Each student needs to arrive at college at 8:45am each day, in full college uniform and with the correct equipment.

For Science and Mathematics examinations, they must have a calculator, ruler, pencil and a geometry set. Students must also bring a black biro to each examination. Mobile telephones and other electronic devices are NOT PERMITTED to be taken into the examination rooms. Therefore, it is requested that students who need to have any such devices with them hand them to the member of staff invigilating at the start of each examination.

In the event of illness or an emergency situation that prevents your child attending one or more of the examinations or if they are going to be late, please make contact with the College as soon as possible so that appropriate advice can be given and arrangements put in place.

### TRIAL EXAMINATIONS - *Supporting your Child*

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


### Quote of the Week

'Don't count the days, make the days count.'

*Muhammed Ali*

	<b>Week Commencing: Monday 3rd March</b>	
	<b>MENU 2</b>	

MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	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>		

 <h2 style="margin: 0;">March 2025</h2>	
March	
Tuesday 4th March	Key Stage 4 Options Evening
Monday 3rd to Friday 7th March	Year 11 Trial 2 Examinations
Monday 3rd March	Year 10 Hair and Beauty Trip to Excel London
Wednesday 12th March	Year 9 and 10 STEM Trip to Brunel University