

## Scientific Studies at Centre of the Cell

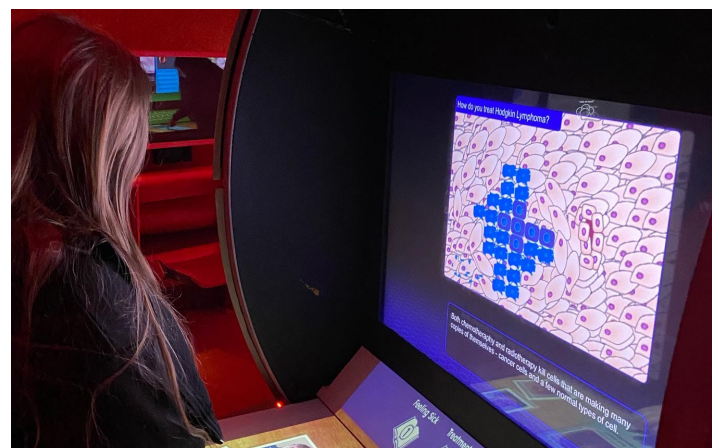
From Monday 7th to Friday 11th February, students in Years 9, 10 and 11 visited a Centre of the Cell exhibition at Queen Mary University as part of their Enrichment Week.



Upon arrival, students entered a huge cell-shaped pod where they gained insight into the types of research scientists are currently involved in at the university, capitalising on the opportunity to observe them at work before engaging in their own scientific studies! Students particularly enjoyed investigating preserved human specimens from the Pathology Museum such as the brain, kidneys, liver and skin, using microscopes.



They then participated in interactive games which were enhanced by slides projected onto the ceiling of the pod to introduce the concepts of cell biology and medical research before partaking in practical workshops about DNA and how chromosomes determine what gender an unborn child will be. Students gained further insight into the industry during a talk spearheaded by a university lecturer about why they have chosen a career in medical research, hoping to infuse students with a love for science and inspire some to pursue it.





### Virtual Asthma Workshop

On Monday 28th February, the NHS Team would like to invite parents, guardians and carers to sign up for an online Asthma workshop. This session will run from 4:00 to 5:00pm and is designed to help you understand what to do if your child is having an Asthma attack, providing inhaler techniques and highlighting common triggers. For further information, please contact the MyHealth team on **01895 543 437** or at [nhsnwlcg.myhealth@nhs.net](mailto:nhsnwlcg.myhealth@nhs.net). To register your free place, please visit <https://trhat.co.uk/asthmaworkshop22/>.

## CHILDHOOD ASTHMA

Join our **FREE Virtual Asthma Workshop**

**4pm - 5pm**

Presented over: **zoom**

Session presented by a Hillingdon asthma nurse, covering:

- What to do if your child is having an Asthma attack
- Inhaler techniques
- Asthma plans
- Myth Busting
- Common triggers

**LIMITED SPACES AVAILABLE**

CONTACT THE TEAM TO BOOK YOUR PLACE

Call the team 01895 543 437

[nhsnwlcg.Myhealth@nhs.net](mailto:nhsnwlcg.Myhealth@nhs.net)

### World Book Day

With a continued commitment to promoting reading for pleasure, World Book Day will be celebrating its 25th year anniversary on Thursday 3rd March under the theme 'You Are a Reader'. For access to a plethora of secondary resources, reading recommendations and video lessons from your favourite authors, please visit <https://www.worldbookday.com/secondary/>.

## Trial Examinations

Trial examinations for all Year 11 students will take place from Monday 7th to Friday 11th March. All examinations will take place in the Performing Arts Area.

## Second Coronavirus Vaccination

The NHS North West London Vaccination Team will be coming to Parkside Studio College on the revised date of Thursday 17th March to deliver the second dose of the coronavirus immunisations to students that have returned their consent forms to the College.

## Slimming World

Slimming World is a weight loss programme designed to encourage people to adopt healthy habits around food and activity, and commit to a healthier way of life. They have joined forces with Public Health England (PHE) and are part of the government's Better Health Campaign, offering a food optimising plan with a healthy and flexible approach as well as empowering 'slimmers' to make changes for life. The programme is designed for mums-to-be and new mums, young people aged between 11 to 17, and members who have diabetes. The groups will take place at Hewens College every Monday at 5:30pm or 7:30pm and Saturday at 9:30am, and are run by consultants who are trained in nutrition and behaviour-change techniques at the Slimming World Academy. Please visit <https://www.hewenscollege.co.uk/page/?title=Slimming+World&pid=72> to start your slimming journey now.

## 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 24 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-ps/>.

## Quote of the Week

'Education is the ability to listen to almost anything without losing your temper or your self confidence'.

Robert Frost

	<b>Week Commencing: Monday 28th February</b>
	<b>MENU 3</b>

MONDAY		
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
TUESDAY		
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
WEDNESDAY		
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
THURSDAY		
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
FRIDAY		
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>		



March 2022

MARCH	
Thursday 3rd	World Book Day
Monday 7th to Friday 11th	Year 11 Trial Examinations
Thursday 17th	Second Covid Vaccination
Monday 21st to Friday 25th	Enrichment Week
Monday 28th March to Friday 1st April	College Closure