

Sky Academy Trip

On Monday 25th April, students in Year 10 and Year 9 Media students visited Sky Academy Studios in Osterley. Sky Academy Studios uses the power of television and innovation to open young minds and develop their creativity, collaboration and communication.



During their visit, students explored the benefits and disadvantages of social media, for example, news and information being available instantly and the ability to connect to people all over the world! Students also discussed issues such as pressure from the media and cyberbullying



Public Examinations - Monday 23rd May to Friday 27th May

Date	Time	Examination	Length
Monday 23rd May	9:00am	Geography Paper 1	1 hour 45 minutes
Tuesday 24th May	9:00am	Arabic Listening and Reading	1 hour 20 minutes
Wednesday 25th May	9:00am	English Literature Paper 1	1 hour 40 minutes
Friday 27th May	9:00am	Chemistry Paper 1	1 hour 15 minutes

Free Guided Cycle Ride

To make the most out of summer this year, the London Borough of Hillingdon have organised free guided cycle rides from Sunday 22nd May to Sunday 21st August, designed to allow you to ride at your own pace, increase heart rate and improve well-being. The ride leaders are employees of Hillingdon Council and are keen cyclists who have been trained to guide groups of people.

Upcoming rides include family cycle rides, medium cycle rides and medium-long cycle rides; all routes will be fun, safe and interesting with the distance, duration and terrain of the ride varying according to the type of ride. For more information about the available dates and to book your place, please visit (<https://www.hillingdon.gov.uk/article/5202/Guided-cycle-ride>).



FREE GUIDED CYCLE RIDES

SUNDAY 22ND MAY to SUNDAY 21ST AUGUST


Quote of the Week

'Never discourage anyone that makes continual progress, no matter how slow'.

Plato

	Week Commencing: Monday 23rd May
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>		

	May to July 2022
MAY	
Tuesday 31st	Sky Academy Trip - Years 9 and 10
JUNE	
Thursday 2nd	Spring Bank Holiday
Friday 3rd	Queen's Platinum Jubilee - College Closure
Friday 17th	End of Term
Monday 20th June to Friday 1st July	Summer Holiday
JULY	
Monday 4th	Start of Term