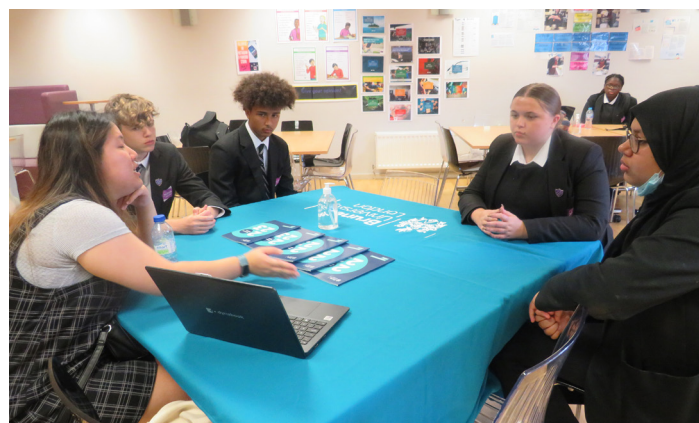




Brunel Lunchtime Stall

On Friday 26th August, a representative from Brunel University came in to set up a lunchtime stall for students to explore various programmes, criteria, costs and financial support that would be available to them if they chose to go to university after college or sixth form. Students found the session to be informative and were keen to ask lots of questions!



Student Photographs - Advance Notice

A photographer from Fraser Portraits will attend the College on Thursday 22nd September to take student photographs. Please ensure that your child attends dressed smartly in full college uniform.

Upcoming Enrichment Week

The next Enrichment Week will take place from Monday 26th September through to Friday 30th September. In order to give Year 11 students every opportunity for success in their forthcoming public examinations, they will be invited to attend college during this time for both intervention classes and enrichment activities. Students in Years 9 and 10 who need to catch up on coursework will also be invited to attend for personalised support and also to take part in planned enrichment activities. Letters will be sent home to parents, guardians and carers, with full details of the intervention classes, activities and personalised support sessions in due course. However, if you have any questions or require any further information, please do not hesitate to contact the College on **020 8573 2097**

Asthma Advisory Notice

The Hillingdon Champions of Asthma Team have requested we advise parents, guardians and carers of children who suffer from asthma to ensure their children take their preventative inhalers regularly every day, even if well, as we head towards the middle of September. This advisory has been published as this time of year normally proves to be the most troublesome time for asthmatics.

Changes to Public Transport

As schools return in September, TFL have enforced many changes to their bus services. You may have noticed the "School Service" and "Non School Service" buses in and around your area. These have been implemented to help students and adults alike to get to and from school and work safely. Please visit (<https://tfl.gov.uk/modes/buses/bus-changes?intcmp=47904>) for more information.

Physical Education - Reminder Regarding Kit

Parents, guardians and carers are reminded that all students are required to attend PE lessons with their full PE kit regardless of whether they are taking part in activities, or not due to an illness or injury. If you have requested for your child to be excused from taking part in a PE lesson due to illness or injury and you believe that your child changing into their kit for the duration of the lesson will make their illness or injury worse, or cause unnecessary pain or discomfort, please ensure you provide the College with a letter to this effect.

Quote of the Week

'The beautiful thing about learning is that no one can take it away from you'


B.B King



Week Commencing: *Monday 12th September*

MENU 2

| | | |
|--|---|--------------------------|
| 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> | | |

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|--|---|-------------------------------|
|  | | September to November 2022 |
| SEPTEMBER | | |
| Monday 26th to Friday 30th | Enrichment Week | |
| OCTOBER | | |
| Friday 7th | Sport Trip to Buckinghamshire New University | |
| NOVEMBER | | |
| Monday 7th to Friday 11th | Enrichment Week | |