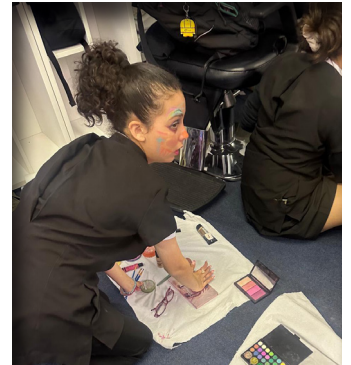




Halloween Glam & Gore Practice Session

Our Hair and Beauty students have been hard at work perfecting their final Halloween looks — and the results are nothing short of spectacular! From full glam to full gore, each creation is a bold expression of skill, imagination, and spooky flair.

This week's practice session was all about refining techniques and locking in those final details ahead of Thursday's big showcase. The energy in the salon was electric as students brought their visions to life, blending beauty and horror in the most creative ways.



We're thrilled to announce that the media team will be joining us in the salon on Thursday, capturing every moment of the transformation process and the final reveal. Expect behind-the-scenes footage, stunning close-ups, and all the eerie elegance you can handle.

We can't wait to see these looks in full — it's going to be a Halloween to remember!



Nasal Flu Immunisations – Thursday 6th

November 2025

On 6th November, the NHS Immunisation Team will carry out the Nasal Flu Vaccinations on students in Years 9 to 11. The vaccinations will only be given to students whose parent, carer or guardian has completed the online consent form which has been emailed out. If you would like your child to receive the vaccination, please be sure to complete the form. If you have any questions or concerns, please do not hesitate to contact the College office. Thank you.

Raising the Issue of Weight - Free online

Workshop

Are you a parent who wants to feel more confident talking to your child about health, food, and weight in a kind and supportive way? Join us for a free online workshop especially for parents and carers in Hillingdon. This session will help you explore how to have compassionate, practical conversations about health and weight with your child without shame, pressure, or confusion.

On: Wednesday 19 November 2025 Time: Either 10 - 11 am OR 7 - 8 pm

Reserve your spot now:

10am Free Healthy Weight Masterclass - Hillingdon - Beezee by Maximus 7pm Free Healthy Weight Masterclass - Hillingdon - Beezee by Maximus


What you'll gain:

- ☐ Tools to talk about health and weight with kindness and confidence
- ☐ Strategies to support your child's wellbeing without focusing on appearance
- ☐ Tips for using positive language and role modelling healthy habits
- ☐ Guidance on how to respond when your child brings up weight or body image
- ☐ Ideas for making small, sustainable changes as a family
- ☐ Support with referrals into local programme

Quote of the Week


'I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents, we're all teachers- if we're willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for some miracle to come knocking at our door'.

Maria Gibbs

| | |
|---|---|
|  | Week Commencing: Monday 3rd November |
| | 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 |

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

|  | October to November 2025 |
|---|---------------------------------|
| October | |
| Monday 27th to Friday 30th | Enrichment Week |
| November | |
| Thursday 6th | Nasal Flu Vaccinations |