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COLLEGE NEWS

PSC422

FRIDAY 18TH SEPTEMBER 2026

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Nicotine and Vaping Awareness Workshop

On Monday 14th September students in Year 9 took part in an informative and engaging workshop delivered by SORTED, focusing on the risks and dangers associated with nicotine use and vaping.







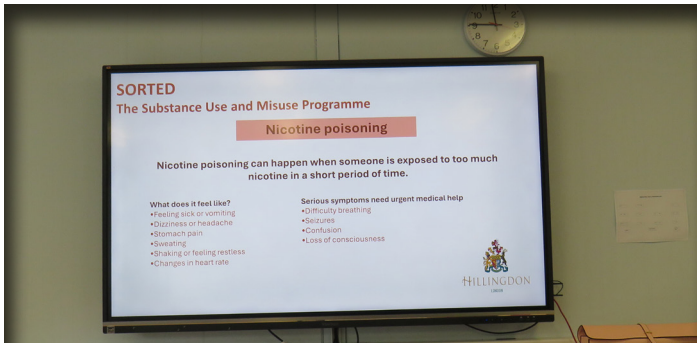


The session provided students with valuable information about the effects of nicotine on the body and brain, the potential health consequences of vaping, and the importance of making informed and responsible choices. Students had the opportunity to explore the pressures that can influence young people to vape, challenge common misconceptions, and discuss strategies for making positive decisions.



The workshop encouraged open discussions and helped raise awareness of the impact that vaping and nicotine can have on young people's physical health, wellbeing, and future. It was a valuable opportunity for students to ask questions, share their thoughts, and develop the knowledge and confidence needed to make healthier choices.

We would like to thank SORTED for delivering such an engaging and informative session and supporting our students in making positive decisions about their health and wellbeing.



NHS Parent Webinars:

Please see the attached information about upcoming free parent webinars from the CNWL London Mental Health Support Team in Hillingdon. A range of topics will be covered to help parents and carers support young people's wellbeing. All sessions are free to join, so please take a look at the poster for further information.
For more information visit: (https://www.cnwl.nhs.uk/).

Hillingdon Online Support Programmes:

Parents are invited to take advantage of a range of online courses and seminars from Coram Family Lives. These sessions offer practical advice and strategies to help families build positive relationships, understand children's behaviour and navigate some of the challenges of family life.
All sessions are delivered online, making it easier to join from home. For more information visit: (https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-online-parenting-support-from-coram-family-lives).



Quote of the Week

'Success is to wake up each morning and consciously decide that today will be the best day of your life'.

Ken Poirot

Week Commencing: *Monday 21st September*

MENU 3

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*

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



September to October 2026

September	
Thursday 24th	DofE Bronze Expedition
Friday 25th	
Tuesday 29th	Open Evening
October	
Tuesday 6th	Year 11 Jack Petchey Workshop
Tuesday 20th	Year 10 SORTED workshop
Friday 26th	Term Ends