

## The Vegan Experience - A Simple Swap

Over the weeks, students in Year 8 have been experimenting with various foods including appetising substitutes for meat. To their surprise, they were very impressed with the simple swap of the vegan meatballs that were on the menu and fully embraced the vegan experience! To accompany their main course whilst adding to their repertoire of delectable dishes, students then made a staple sauce from fresh ingredients, giving them an insight into the significance of home cooking and the healthful dietary pattern it can produce. There was then a magical aroma of warm spices arising from the classroom as students delivered the Christmas cheer this year by baking festive spice cookies! Mastering the basics at college enabled the students to understand that even the simplest of treats can be made at home.





## UPDATE ON FACE MASKS

We have reviewed the current circumstances regarding face masks in line with the recent government guidelines and would like to reiterate the importance of all students being highly recommended to wear face coverings in all communal areas of the College campus as well as on public transport and the minibuses.

### Update on Face Masks

We have reviewed the current circumstances regarding face masks in line with the recent government guidelines and will be proceeding with the approach informed by the government and the World Health Organisation (WHO). The health and safety of our students and staff are of paramount importance. Thus, we would like to reiterate the importance of all students being highly recommended to wear face masks in all communal areas of the College campus as well as on public transport and the minibuses.

This measure has been implemented to reduce the risk of coronavirus (COVID-19) transmission and will provide yet another layer of reassurance to students, families and staff, and build on the stringent measures already implemented around the site. Further information can be found on the letter that was distributed on Tuesday 30th November or via (<https://bit.ly/31etsf9>).

**Please note that face coverings do not replace social distancing or hand washing, however, combining these measures gives us the best chance of preventing COVID-19. Your cooperation in this matter is highly appreciated.**

### College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. It is designed to instil a sense of pride, identity and belonging. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.

### Attendance

Congratulations to the following form groups for having the best attendance in the College last week. Keep up the great work.

Form 8AC	100%
Form 7TP	97.78%%
Form 7EL	95.05%%
Form 11TP	95%
Form 10MS	94.15%

### Christmas Meals

On Wednesday 15th December, we will be offering the students who wish to have a school dinner, a traditional Christmas meal and a dessert at a small cost of £2.40. All information regarding Christmas meals is available on iPayimpact. Please ensure your child's account is topped up with sufficient funds if you would like them to enjoy the festive meal.

<h2 style="text-align: center;">December 2021</h2>	
<b>December</b>	
Wednesday 15th	Christmas Dinner
Friday 17th	Early staggered Finish

		Week Commencing: <i>Monday 13th December</i>
<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY - 'Christmas Meal'</b>		
Meal Choice 1	Roast Norfolk Turkey with a Rich Onion Gravy	Halal
Meal Choice 2	Roast Norfolk Turkey with a Gluten free Rich Onion Gravy	Gluten/Dairy Free Halal
Meal Choice 3	Roast Norfolk Turkey with a Rich Onion Gravy and a Pork Chipolata wrapped in Smoked Bacon	Non Halal
Meal Choice 4	Roast Norfolk Turkey with a Gluten free Rich Onion Gravy	Gluten/Dairy Free Non Halal
Meal Choice 5	Cheddar Cheese, Tomato and Basil Tart with an Onion Marmalade	Vegetarian
Meal Choice 6	Whole Roasted Cauliflower with Garlic, Thyme and Black pepper	Gluten/Dairy Free Vegetarian
Vegetables	Roasted Rosemary and Thyme Potatoes, Sage and Onion Stuffing, Honey Glazed Baby Carrots and Baby Buttered Brussels Sprouts	
	Gluten Free Sage and Onion Stuffing	
Dessert Choice	Rich Chocolate Cake with a Caramel Fudge Sauce	Fresh Fruit and Yoghurts
Gluten Free Dessert Choice	Gluten Free Chocolate Fudge Cake served with Fresh Strawberries	
<b>THURSDAY</b>		
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
<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>		

### End of Term - Friday 17th December

On Friday 17th December, we will operate our usual end of term dismissal arrangements; students will be expected to arrive at College at the normal time but will be dismissed in year groups, at the following, approximate times:

Year 7 - 12:00pm

Year 8 - 12:00pm

Year 9 - 12:10pm

Year 10 - 12:10pm

Post 16 - 12:10pm