

Your Life You Choose

On Wednesday 28th September all students in Year 7 participated in the 'Your life, you choose' event. The aim was to develop their knowledge and understanding of staying safe in all walks of society. We had guest speakers from the Metropolitan Police, Crimestoppers, Daniel Spargo Mabbs Foundation and Prison and Ambulance services. The students were excellent and found the event incredibly useful. Throughout every session students remained engaged and enthusiastic about the programme.



Ask About Asthma Campaign

Did you know that children and young people with asthma should have an asthma action plan to help manage their condition?

This is one of four #AskAboutAsthma asks which we want every Londoner to be aware of:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health


Together we can raise awareness around #healthinequalities and how to address them so every child and teenager has the right asthma care in place and go on to live a full, active life.

We are proud to support #AskAboutAsthma. Find out more about the 2022 campaign at www.healthy london.org/ask-about-asthma.



Year 9 Booster Vaccinations

On Friday 7th October, the NHS Immunisation Team will carry out the Human Papillomavirus (HPV) booster vaccinations on our students in Year 9. Parents, carers and guardians are requested to complete the consent forms online which were sent via email on Wednesday 28th September. If you have any questions about this, please do not hesitate to contact the College reception.

 <h1>OCTOBER 2022</h1>	
OCTOBER	
Monday 3rd - Sunday 9th	Ask About Asthma
Friday 7th	Year 9 vaccinations
Monday 24th to Friday 28th	Half Term

		Week Commencing: <i>Monday 3rd October</i>	
		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	<i>Strawberry Ice Cream and Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Jam Sponge</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Lemon Tart</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Strawberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Fresh Fruit Salad</i>	<i>Fresh Fruit and Yoghurts</i>	
<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>			

Cashless Catering System

Please note that the College is now operating a cashless catering system. This means that in an attempt to eliminate cash payments, you will now be asked to pay for your child's school meals using our online payment system.

Our online payment facility allows you to pay for your child's school meals directly and securely and provides you with a convenient, safe and verifiable way of making payments. You will have received a letter, outlining the process of this new payment method, including a link for registration. Once activation is complete using the registration link provided, this will then enable you to pay for school meals online.

If you have any queries or wish to discuss our new cashless payment system, please contact the administration office.