

Year 7 Football Tournament

On Monday 7th February our Year 7 boys participated in a 7 aside football tournament at Uxbridge High School. This was their first opportunity to experience a sporting event away from Hewens College. Students were very excited to play away for the first time. Despite the boys putting up a brilliant display, unfortunately they just fell short. Overall, it was great experience for our boys which will definitely stand them in good stead for future sporting fixtures.



Poetry Live

On Friday 3rd February, fifty Year 11 students had the opportunity to go to the Emmanuel Centre in Westminster, Central London, to go to the GCSE Poetry Live 2023 event. Taking the stage over the course of the day included poets that the students have studied for the last two years in the lead up to their GCSE examinations. Current and former Poet Laureates, Simon Armitage and Carol Ann Duffy, Imtiaz Dharker and the enigmatic John Agard, along with various other well renowned poets in the AQA syllabus. Each poet performed their poem that features in the AQA Anthology and went on to explain the motives behind the work and answer some of the audience's questions. This event proved invaluable for the students in gaining an additional understanding of the poems they study for their exams direct from the poets themselves.




FREE Asthma Workshop! - Instagram

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is asthma attacks, asthma triggers, in techniques and asthma action plans.

The workshops are run online via ZOOM from 4:00pm to 5:00pm and you can register your FREE place by visiting our websites.

They are taking place on March 6th.

You can also contact the MyHealth team on tel: **01895 543 437** or nhsnwccg.myhealth@nhs.net

Central and North West London 
NHS Foundation Trust

ASTHMA NEWSLETTER

Spring 2023

ASTHMA INFORMATION
Your School Nurse can be contacted to provide information and guidance on the following:
• Developing your asthma policy.
• Ongoing support with asthma.
• Whole school training.
• Raising concerns about children's asthma control.

REMEMBER!
Complete and email asthma monthly return forms, helping to identify children who need extra support to control their asthma! Email the forms to: phh-tr.PaedAsthma@nhs.net

DON'T FORGET!
Get your whole school training booked! This is an annual requirement - 85% of staff must attend.
Book to do your asthma audit with your school nurse - this helps your school achieve asthma friendly status!

ASTHMA ATTACK
SIGNS OF
WHOLE SCHOOL
COLOURING
SHORTNESS OF BREATH
TREATMENT
ORAL BRONCHODILATOR
(INHALER), 2 PUFFS
(WHOLE SCHOOL TRAINING)
IF NO OR MINIMAL EFFECT
GIVE UP TO 10 MINUTES OF REGULAR BRONCHODILATOR
IF THE CHILD IS SEVERELY DISTRESSED

Please ensure you have the emergency plan around the school - contact your school nurse if you would like more.


NAME:	SCHOOL:	CONTACT NO:	EMAIL:
Theresa Youngman Asthma Liaison Nurse	Hayes and Harlington	01895 488050	cnw-tr.sehillindon@nhs.net
Faye Mitchell Asthma Liaison Nurse	Uxbridge & West Drayton	01895 485062	cnw-tr.sehillindon@nhs.net
Ceara McDonald Asthma Liaison Nurse	Eastcote, Ruislip, Harfield, Ickenham, Northwood	01895 488699	cnw-tr.sehillindon@nhs.net

Emergency inhaler kits:
• They must contain 2 inhalers and 2 spacers.
Once the inhaler is used, throw this away.
Once a spacer is used this can go home with the child.
• Copy of the emergency plan.
• Monthly checks record.
• List of asthmatics who are permitted to use the inhaler.
Consider how many kits are needed in your school and ensure staff know where these kits are!

Cold weather & asthma
• Cold air is dry, which irritates the airways. It can also make your body produce more mucus, which can make asthma feel worse.
• A lightweight scarf wrapped loosely around the nose and mouth can help when outside. This warms the air breathed in, so it's less likely to irritate the airways.

ACHIEVE ASTHMA FRIENDLY STATUS:
• Named Asthma lead and Asthma Champion.
• Asthma Champion to attend annual update.
• Register of all known Asthmatics.
• Has a clear Asthma Policy.
• Allows easy access to inhalers.
• Annual whole school staff training.
• Displays emergency plan around the school.
• Emergency Kits
• Annual Asthma audit completed.
• Monthly asthma form.


Preventer inhalers build up asthma protection over time



Flu Immunisation

On Monday 20th February, the NHS Immunisation Team will carry out the Nasal Flu Immunisation to our students in Years 7, 8 and 9. Consent forms and further information with regard to this has been sent home.

The consent forms should be completed online following the link <https://app.schoolscreener.com/Portal/#/CNWLLon/imms/cnw12/137078>. The immunisations will only be carried out on students who have parental completed online.

 <h2 style="text-align: center;">February - March 2023</h2>	
February	
Monday 13th to Friday 17th	Half term Break
Monday 20th	Flu Immunisation
March	
-Monday 6th	Asthma Workshop

	Week Commencing: <i>Monday 20th February</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>		

Half Term Booster Classes

In order to give students every opportunity for success, some students have been invited to attend college during half term for booster classes. All students are now aware of the arrangements and letters have been sent home to parents, guardians and carers to confirm the timetable. However, if you have any questions or require any further information, please do not hesitate to contact the College reception on **0208 573 1039**.