

## Taekwondo Twins

Our very own Students from Year 8 had the pleasure of joining Team GB's training camp for Taekwondo. They were joined by Steve Jennings and his wife Sarah Stevenson who is the Olympics Bronze Medallist of 2008. She was also the first female taekwondo participant to receive a medal in the Olympics. The coaches were so impressed with the performance of the twins that they even promised to send scouts to their next tournament. They had a great time and we can safely presume that they have a bright future in this sport.



## Lords Cricket Trip

On Thursday 12th May, 38 students visited Lords to participate in cricket activities. To enhance their knowledge of the sport, students also had the opportunity to watch a county cricket game between Middlesex and Northamptonshire.

Student engagement and behaviour was impeccable. Feedback from students was positive with one stating: "my aim is to be here as a professional player in the next ten years".



## YEAR 11 PROM

The countdown continues... Only two months to go until the long-awaited Year 11 Prom! So, prepare for this 'rite of passage' by picking out your corsages or boutonnieres to ensure a truly magical night to remember for years to come. This is an opportunity not to be missed so please confirm your attendance promptly to enjoy your last hurrah as a 'Key Stage' student.

For a video montage of our Year 11 Prom in 2019, please visit (<https://youtu.be/Qz9TUWwzWXO>).

## Public Examinations Timetable

Date	Time	Examination	Length
Monday 23rd May	9:00am	Citizenship	1 Hour 15 Minutes
Tuesday 24th May	9:00am	French Listening Test Tier F French Listening Test Tier H French Reading Test Tier F French Reading Test Tier H Arabic Listening (H) Arabic Reading (H)	45 Minutes 45 Minutes 30 Minutes 45 Minutes 30 Minutes
Wednesday 25th May	9:00am	English Lit. (Paper 1) 19th Century Novel English Lit Paper 1- Modern prose/Drama	1 Hour 40 Minutes 1 Hour 40 Minutes
Thursday 26th May	9:00am 1:30pm	Spanish Reading Test Tier H RS Route A Comp2 Study of Christianity	1 Hour 1 Hour
Friday 27th May	9:00am	Combined Science Trilogy Chemistry P1H	1 Hour 15 Minutes

The timetable of public examinations for the summer series has commenced and it is of vital importance that each student attends college fully prepared for each examination he/she is entered for at least 30 minutes before it is scheduled to commence.


Students are required to attend all examinations in full college uniform and with the required equipment. For Science and Mathematics examinations, they must have a calculator, ruler, pencil and a geometry set.

Students must also bring a black biro to each examination. The use of mobile telephones and other electronic devices are NOT PERMITTED in the examination hall. Therefore, it is requested that students do not bring these items to college when they have an examination.

If students do need to have any such devices with them, they must hand them to the invigilation staff at the start of each examination. Failure to do so may result in disqualification from the examination. Students must attend the examination(s) for which they have been entered for.

In the event of illness or an emergency situation that prevents your child attending or means your child will be late, please make contact with the College as soon as possible so that appropriate advice can be given and arrangements put in place.

Please note that your child's final examination grade will be adversely affected if he/she fails to attend a scheduled examination.

		
MAY to JULY 2022		
MAY		
Monday 23rd to Friday 27th	Public Examination Continue	
Monday 30th May to Friday 3rd June	Half Term	
JULY		
Friday 15th	7:00pm - 12:00am	Year 11 Prom
Tuesday 19th	Summer Term Ends	

		<b>Week Commencing: <i>Monday 23rd May</i></b>	
<b>MENU 1</b>			
<b>MONDAY</b>			
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>	
<b>TUESDAY</b>			
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>	
<b>WEDNESDAY</b>			
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>	
<b>THURSDAY</b>			
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>	
<b>FRIDAY</b>			
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>			

## Free Guided Cycle Rides

To make the most out of summer this year, the London Borough of Hillingdon have organised free guided cycle rides from Sunday 22nd May to Sunday 21st August, designed to allow you to ride at your own pace, increase heart rate and improve well-being. The ride leaders are employees of Hillingdon Council and are keen cyclists who have been trained to guide groups of people.

Upcoming rides include family cycle rides, medium cycle rides and medium-long cycle rides; all routes will be fun, safe and interesting with the distance, duration and terrain of the ride varying according to the type of ride. For more information about the available dates and to book your place, please visit (<https://www.hillingdon.gov.uk/article/5202/Guided-cycle-rides>).