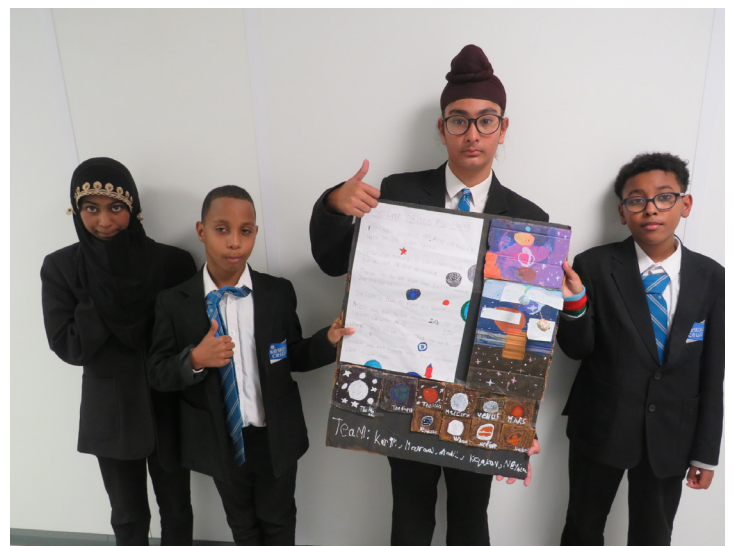
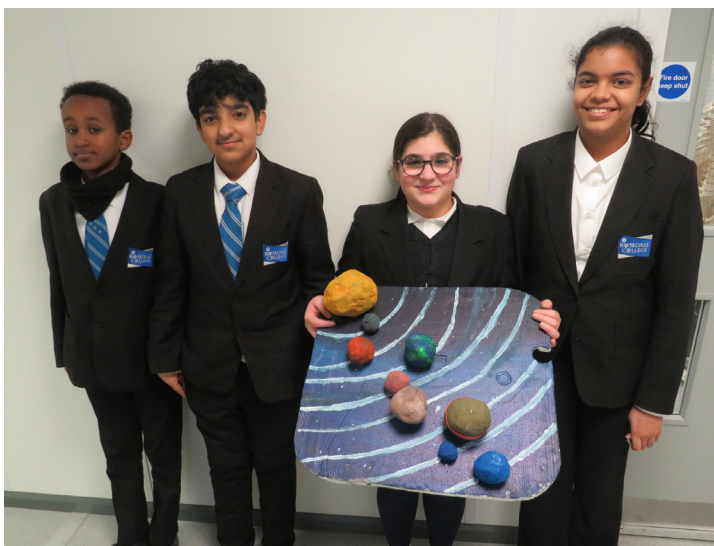
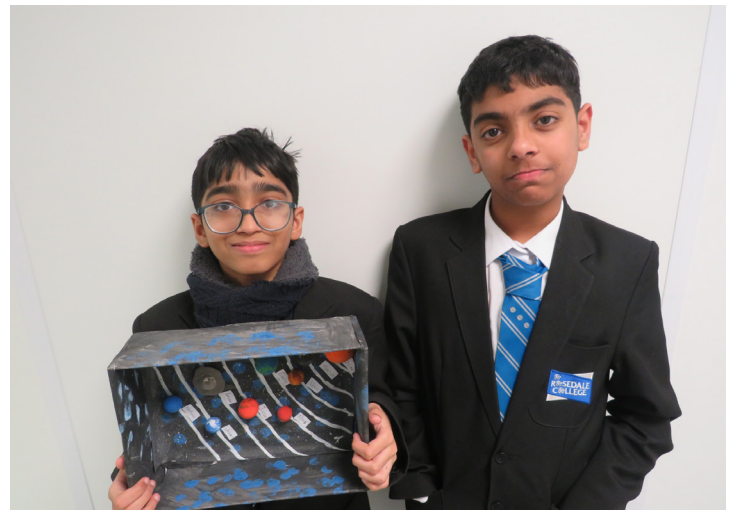
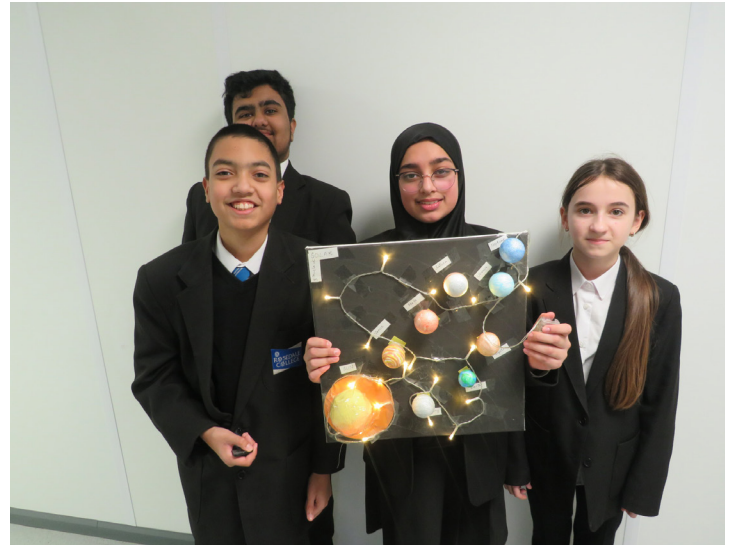


Year 7 Science - Exploring the Solar System

In Science lessons, students in 7T have been learning all about the Solar System. As part of their learning, they were challenged to create a presentation in the form of a poem, rap, or song about the planets and their place within our Solar System. They also designed and created props or models to support their presentations.

The results were fantastic. Students produced a range of highly creative and accurate models of the Solar System, with one even including lights to represent the stars. Throughout the project, students were fully engaged, showing enthusiasm, creativity, and a strong understanding of the topic. They thoroughly enjoyed the task and demonstrated excellent scientific knowledge and skills.

Well done to 7T for their brilliant work!



Big Energy Saving Week

Big Energy Saving Week (19–23 January 2026) was celebrated by members of the Eco Club and Student Ambassadors Club.

Throughout the week, Eco leads and the Principal shared simple daily energy-saving tips with staff during morning briefings, encouraging small actions that make a big difference.

Students also delivered a fun and engaging rap and short play to staff, highlighting the importance of teachers acting as positive role models when it comes to saving energy. Their performances were both informative and entertaining, helping to reinforce key messages in a memorable way.

The week concluded with the presentation of the Most Eco-Friendly Teacher Award, celebrating staff members who consistently demonstrate eco-conscious behaviours. It was a fantastic way to recognise commitment to sustainability and inspire the whole College community.

Triple P Teens

Parenting teens can feel like a rollercoaster with many ups and downs. You may be dealing with behaviours that leaves you feeling drained, frustrated and overwhelmed. We understand how difficult it can be raising teenagers. The 6-week online course can help you learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you. Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive way.



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Date, time and venue

4.15 pm - 6.15 pm

Wednesday 21 January
Wednesday 4 March
2026
(Excluding 18th February 2026)

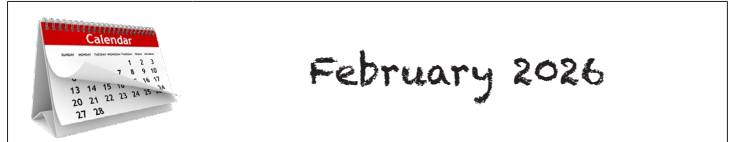
Online via Microsoft TEAMS

To book your spot, please call Annmarie on 07949 890749 or email AnnmarieF@familylives.org.uk

We build better family lives together

www.familylives.org.uk

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February 2026

FEBRUARY	
6th-13th Feb	Year 8 Options Assemblies
9th-15th Feb	Children's Mental Health Week
10th Feb	Safer Internet Day
16th-20th Feb	Half Term
23rd Feb	Term Starts
23rd Feb	Year 11 Trial Exams Starts
23rd Feb	Post 16 Trial Exams Start

Week Commencing: Monday 9th February 2026

MENU 2

MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	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