



Friday 24th May 2024

Dear Parent/Carer,

Mathematics Trip 2024

Last Friday, the Mathematics department took 64 KS3 students to Legoland Windsor to cultivate a passion for Mathematics and demonstrate its practical applications. During the trip, students engaged in a hands-on coding workshop where they developed problem-solving skills, built and customised their own robots and successfully programmed them to navigate from point A to point B. This experience highlighted the real-world relevance of Mathematics and coding. Outside the workshop, students explored the resorts attractions, enhancing their creativity and curiosity. My thanks to Mr Pathan , Mr Renew and the Mathematics department for coordinating the event.



Duke of Edinburgh Trip

Last weekend, students participated in the Duke of Edinburgh Bronze Qualifying expedition. They walked from Theydon Bois through Epping Forest to Gilwell Park Scout Camp in Chingford. After arriving, the students pitched their tents and cooked a hot meal. The weather was wonderful, allowing everyone to watch the sunset over London, play frisbee, and toast marshmallows. The next morning, Students set off for another six-hour walk. Throughout the weekend, staff met the groups at various checkpoints to ensure everything was going smoothly.

Students worked extremely well in their groups, demonstrating fantastic teamwork and tremendous resilience throughout the expedition. The expedition is only one section of their award. Students are still working to complete their volunteering, physical, and skill sections. My thanks to Mrs Walsh for

coordinating the event and Mr Blair, Ms Lucas, Mr Hazelwood and Ms Lesage for their support with the event.



Year 11

Well done to our Year 11 students for completing another full week of GCSE exams. Their behaviour and conduct throughout has been fantastic. Breakfast revision sessions will continue after half-term at 7:30am but revision intervention sessions will continue over the half-term break. Please see below the revision schedule for the half-term break. Maths, Art and English will be offering revision sessions to further students for their upcoming exams. Please note, that the English session on Friday 31st May will be virtual and can be accessed via Teams.

Year 10 Work Experience

Well done to all of our Year 10 students who completed work experience this week. Work experience is invaluable for our students and feedback from employers has been very positive. Year 10 have been a credit to the Academy. Thank you also to all of the employers who supported our students by offering places.

Year 9 Head of Year

Congratulations to Ms Evans who was appointed as Head of Year 9 this week. Ms Evans has been an incredible asset to the Year 9 Team since joining last year and I am sure she will continue to lead the year 9's to success.

Canteen limit

Please be aware that after half-term the Canteen limit will be extended from £6 to £10 per day. Please remind your child of their limit and regularly check their accounts.

PTA Tuck Shop

A huge thank you to the Parent Teachers Association for running another successful Tuck shop at break time this week. Students enjoyed being able to purchase cans of pop and pick n mix. We look forward to them running similar events in the future.



BPA Alumni Paralympian

Bower Park Academy's ex-student, Brock Whiston, is heading to the Paralympics in Paris this summer to take part in the swimming race. She featured in an ITV news report which can be watched here; **The biggest Paralympics yet? 100 days until the opening ceremony in Paris - Latest From ITV News** We would like to wish Brock the best of luck at the Paralympic games and hope her achievement inspires others.

Local libraries

The London borough of Havering are looking at library provisions and have launched a 12-week public consultation, ending 2nd August 2024. If agreed, it would see the number of libraries in Havering reduce from ten to six. If you would like to take part in the consultation, please see link below;
<https://consultation.havering.gov.uk/libraries/havering-council-libraries-consultation/>

Lost Property

We have a large number of items in lost property. If your son/ daughter has lost any items of uniform please collect from the office by Friday 7th June. Unclaimed items after this date will be disposed of.

Have a restful half-term and we look forward to welcoming students back to the Academy on Monday 3rd June at 8:25am.

Yours faithfully,

Mr E Aylett
Principal

Year 11 Half Term revision schedule

Tuesday 28 th May 2024	Wednesday 29 th May 2024	Thursday 30 th May 2024	Friday 31 st May 2024
Maths intervention 10am-1130am Rooms SF01, SF05, SF08 Staff delivering sessions: SAH, AJO, PNA, IPA, ESH, JBR	Art intervention 10am-2.30pm Room: NG02 Staff delivering sessions: RBR	Maths intervention 10am-1130am Rooms SF01, SF05, SF08 Staff delivering sessions: SAH, AJO, PNA, IPA, ESH, JBR	English intervention (Online session via Teams) 10am – 11am Staff delivering session: LON

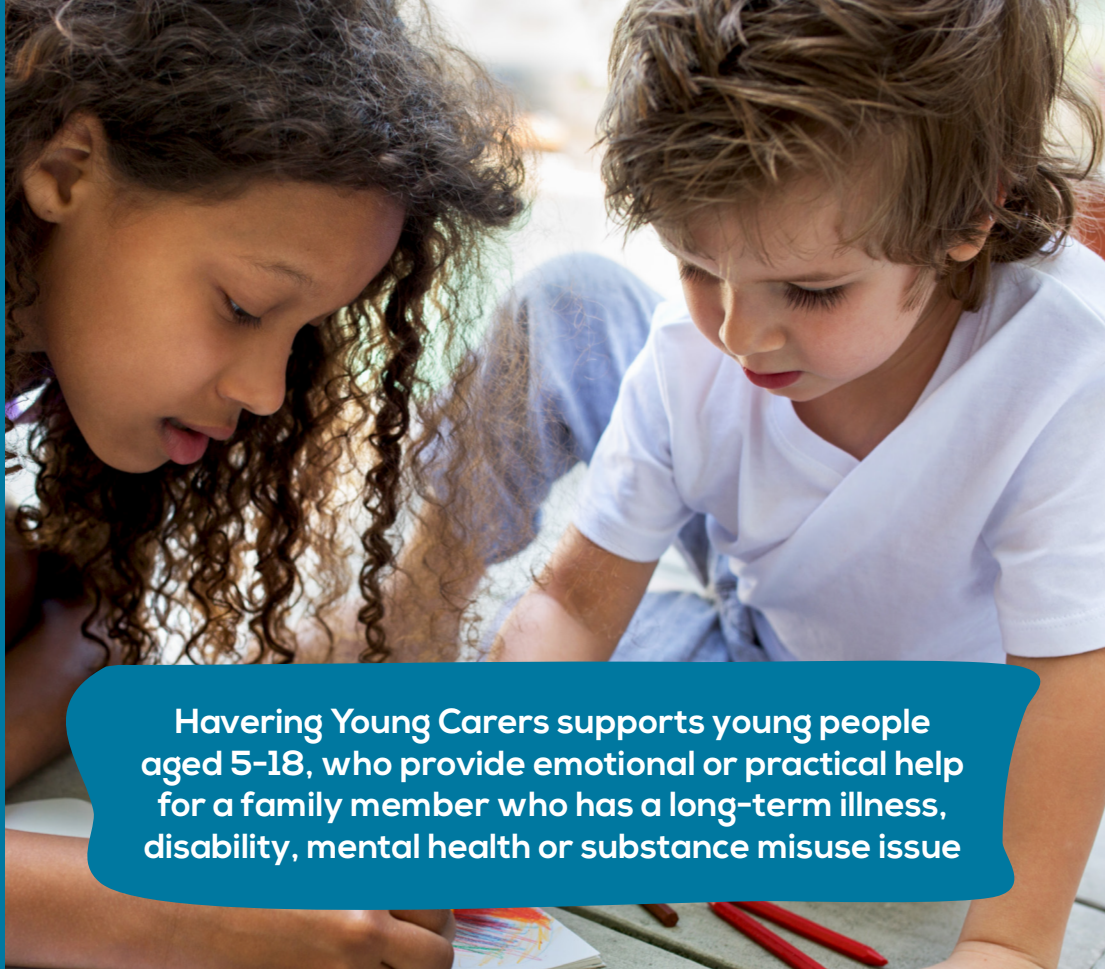


To get involved, you can refer via our website www.imago.community or scan the QR Code



For further information, please contact our Hub:

youngcarers@imago.community
0300 111 1110



Havering Young Carers supports young people aged 5-18, who provide emotional or practical help for a family member who has a long-term illness, disability, mental health or substance misuse issue

Havering Young Carers is a service of Imago Community
Registered charity number 1108388



YOU ARE INVITED

SEX

**RESISTING
PRESSURE**

FEMINISM

RELATIONSHIPS

**STAYING
SAFE**

**SELF
ESTEEM**

GENDER

**DREAMS &
AMBITIONS**

FRIENDSHIP



GO GIRLS!

GO GIRLS! benefits young women who are potentially vulnerable to relationships of power. During the sessions, young women are encouraged to identify their own areas for personal development

WHEN? Every week, usually 5pm - 7pm, weeknight to be confirmed nearer the time

WHERE? Location to be confirmed nearer the time

WHO? For more information contact the Youth Service email below

Youthservice@haverling.gov.uk



Targeted Youth Work - Go Girls Group

Target Group

13+

Young women in care or care leavers

Young women at risk of exploitation or with additional needs i.e. mental health difficulties

Description

Exercises, group-work, games and helpful hints to support girls and young women's personal development

Sections include: Self-image, body image and eating disorders; Resisting pressure and making good decisions; Developing goals, aspirations, dreams and ambitions; Relationships, sex and the importance of friendships; Dealing with risk and danger, and staying safe; Thinking, reading, reflecting and intelligence; Just Do It! activities for girls; Gender, sexism and feminism in girls' lives; Menstruation and preparing for periods; Looking after our own self-esteem

The programme would be particularly beneficial to young women who are potentially vulnerable to relationships of power.

Young women will also identify their own areas for personal development.

Delivery

6 weeks

2-hr per week

Group Size

8-10 young women

Aims

Increase self-esteem

Increase Confidence

Increase in knowledge of safe sex and healthy relationships

Increase in personal safety in the community

Reduction in family and community conflict

Promote community support networks

Outcomes

Young women will be invited to attend our ongoing weekly GRL Academy social group on completion

Young women will all receive a certificate and self care goody bag on completion of the programme

If 1:1 follow up work is needed with individual young women for ongoing support this can be considered

What Young women have said:

"It's really fun, I think you should go do it"

"I recommend it, it helped me a lot"

"It's fun and everyone is so welcoming"

"It's a safe environment and very nice people looking out for us"

"Loved it!, Has helped me open up new ideas – such a great thing to do, it really made a difference"



Go Girls Referral Form

1. Referrer Details

Self Referral Yes No

(If yes - Please go straight to complete section 2)

Name

Referring Agency

Agency Address

Postcode

Contact number

Email

Date of referral

2. Young Person Details

Name

Date of Birth

Address

Postcode

Contact number

Email

Course Attendance Required? Yes No

Female Transgender Other

Ethnicity

3. Parents / Carers Details

Relationship	Name	Address	Contact number
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

4. Reason for Referral

Including Safeguarding Issues

5. Additional Needs

Including learning disabilities, learning difficulties or English as second language

6. What the young person hopes to get out of attending the group

In young persons own words

7. Risk Assessment

Please explain any risk involved in supporting the young person, eg. history of violence or aggression (family/person they cannot associate with) drug/alcohol misuse

8. Referrer Signature

Date

DD / MM / YYYY

Has the young person agreed to the referral?

Yes No

Please return completed form to: youthservice@haverling.gov.uk

JERK CHICKEN

WITH RICE AND BEANS



Feed your family of four for £5 with this delicious Jerk Chicken recipe. You can make it yourself, just scan below to watch the method and get the recipe card.

SCAN ME



TO WATCH

SCAN ME



**FOR THE
RECIPE CARD**



INGREDIENTS

Main Ingredients	Cost £	Veggie Switch	Cost £
1 x 1kg Chicken Legs	£2.50	1 x XL Cauliflower	£1.80
300g Long Grain Rice	£0.38		
400g Kidney Beans	£0.49		
400g Baked Beans	£0.45		
30g Schwartz Jerk Seasoning	£1.17		
TOTAL COST	£4.99		£4.29

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.

View our
video online



THE CHICKEN

1.

Pre heat the oven to 180°C

3.

Coat all the drumsticks in 20g of the jerk seasoning and a drizzle of oil.

2.

Slash the chicken legs with a sharp knife to make some deep ridges for the marinade to soak into.



4.

Leave to marinade covered in the fridge for an hour or two.

5.

Roast in the oven for approx 30 minutes and until the core temperature is a minimum of 75°C.



VEGGIE SWITCH

For a great veggie version, switch out the chicken for cauliflower.

- Remove the outer leaves and cut into large disks/steaks.
- Use 20g of jerk seasoning
- Cook for 20mins until golden instead of 35mins.



MEANWHILE...

THE RICE

6.

While the chicken is cooking, wash and boil the rice, seasoning the cooking water with half of the remaining 1/3 of jerk seasoning.

7.

5 minutes before the rice is finished cooking add the tin of drained kidney beans.



- Good for the planet



- Good for you

THE BEANS

8.

Add the baked beans to a heat proof bowl and add the remaining half of the 1/3 of the jerk seasoning.

9.

Place in the microwave until heated through.

ASSEMBLE THE MEAL

Remove the chicken from the oven when golden, crispy and a minimum of 75°C. Add the remaining fat and cooking juice from the chicken into the rice before serving them.



FREE

RE-LAUNCH Off Street Youth Club

Invitation for young people aged 11 to 18 years to come along with their families to discover new and exciting opportunities.

Also attending: BOX UP Crime,
Havering Safer Neighbourhoods
Team and Housing



Tuesday 28th May

11.30AM - 2.30PM

Sapphire Jubilee Centre, Bolberry Road, Collier
Row. RM5 3BW

Contact: youthservice@haverling.gov.uk





Taking your taste buds on a journey

We are pleased to let you know that Aspens has been chosen to provide the meal service at your child's school. Take a look below for a glimpse at our menu...

Our menus are exciting and innovative, reflecting the very latest UK and international eating trends but with a real focus on health and wellbeing. Our menus adhere to the school food-based standards to make sure students are fuelled and hydrated for learning.

WEEK 1

Sample Menu

	 CARIBBEAN <i>fusion</i>	 Plant POWER	 <i>Home</i>	 PAN ASIAN	 <i>Chips & more</i>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STREET	Curried Coconut Chilli Chicken Wholegrain Rice n Peas	Homemade Spicy Falafel Flatbread	Glazed Gammon Roast Yorkshire Pudding, Roast Potato & Gravy	Low Salt & Chilli Chicken Firecracker Rice	Choose from: Battered Fish Sausage (battered or plain) Margherita Pizza Chicken Nuggets Chips & Gravy or Curry Sauce
VEGGIE	Jamaican Black Eyed Peas Stew Wholegrain Rice n Peas	Plant Based Creamy Green Pea & Spinach Pasta	Root Vegetable & Bean Stew Roast Spuds	Japanese Yakisoba (Japanese Stir Fried Noodles)	Choose from: Margherita Pizza Veggie Sausage (battered or plain) Chips, Gravy or Curry Sauce
SIDES	Lime Dressed Slaw	Mixed Salad	Roast Carrots & Parsnip	Sweet Chilli Sticky Greens	Minty Peas or Baked Beans
Extras	Flatbread Wedge	Hummus Pot	Cauliflower Cheese	Prawn Crackers	Onion Rings

19/2, 11/3, 1/4, 22/4, 13/5, 3/6, 24/6, 15/7



STREATERIES

Streateries is our secondary meal offer where every day has a theme. Featuring Global cuisines, customised offers and food on the move, we are bang up to date with the current trends whilst still ensuring that there is a place on the menu for the comfort of our familiar school dining hall favourites. Each day the menu includes as standard a street food dish, a hand held version, vegetarian/vegan choices along with a selection of sides.



DELI KITCHEN

Our Deli Kitchen brand is for the popular standard Aspens hot and cold offers. This can range from Authentic Italian pizza and pasta, Hacienda Mexicana's burritos, rice pots and sides and Voulez Poulet's house rub chicken, dogs and sides through to our range of healthy sandwiches, paninis, wraps, jacket potatoes, salads, fruit and cold dessert pots.



Vegan and Free-From.

Vegan and free-from ingredients are key to our recipe development and we love to tempt our customers with more and more opportunities to try alternative dishes.

We have a great range of Plant Power options as part of our menu cycle as well as our pop up special days.

FREE SCHOOL MEALS CHECK IT OUT NOW!

For more information and to check if you can get free school meals please visit this website:
www.gov.uk/apply-free-school-meals
or scan the QR code below.

Think what else you could buy with the money you save!



WE KEEP TASTE BUDS EXCITED WITH OUR GREAT FLAVOURS OF THE MONTH THEMES AND SPECIALS!



Food Trends - What's hot and what's not!

Attitudes and expectations around food are increasingly influenced by the **high street** and as we now eat a much wider variety of food than ever before - we make sure we are on trend!

WE ENCOURAGE CUSTOMERS TO TALK TO US TO TELL US WHAT THEY THINK SO WE CAN CONTINUALLY IMPROVE

We cater for different requirements so that all customers can enjoy a tasty meal with us every day.



Allergens and Special Diets

We cater for different requirements so that all customers can enjoy a tasty meal with us. For pre-packaged food, our labelling processes have been reviewed to give ingredients and allergen information in accordance with Natasha's Law. We continue to encourage customers to talk to us so we can work together to provide food that is safe to eat.

GREAT TASTING & GREAT VALUE FOOD AT SCHOOL!

See counters for further details



MEAL DEALS

FRESHLY MADE ON SITE IN OUR KITCHEN EVERY DAY!

*Free School Meal Allowance can be used to buy a Meal Deal.

GOOD FOR YOU & GOOD FOR THE PLANET

A subject high on the radar of our Gen Z customers! We have a range of initiatives and messages to support our ongoing journey to minimise the impact we have on the world.



CONTACT US

E: info@aspens-services.com
w: www.aspens-services.co.uk



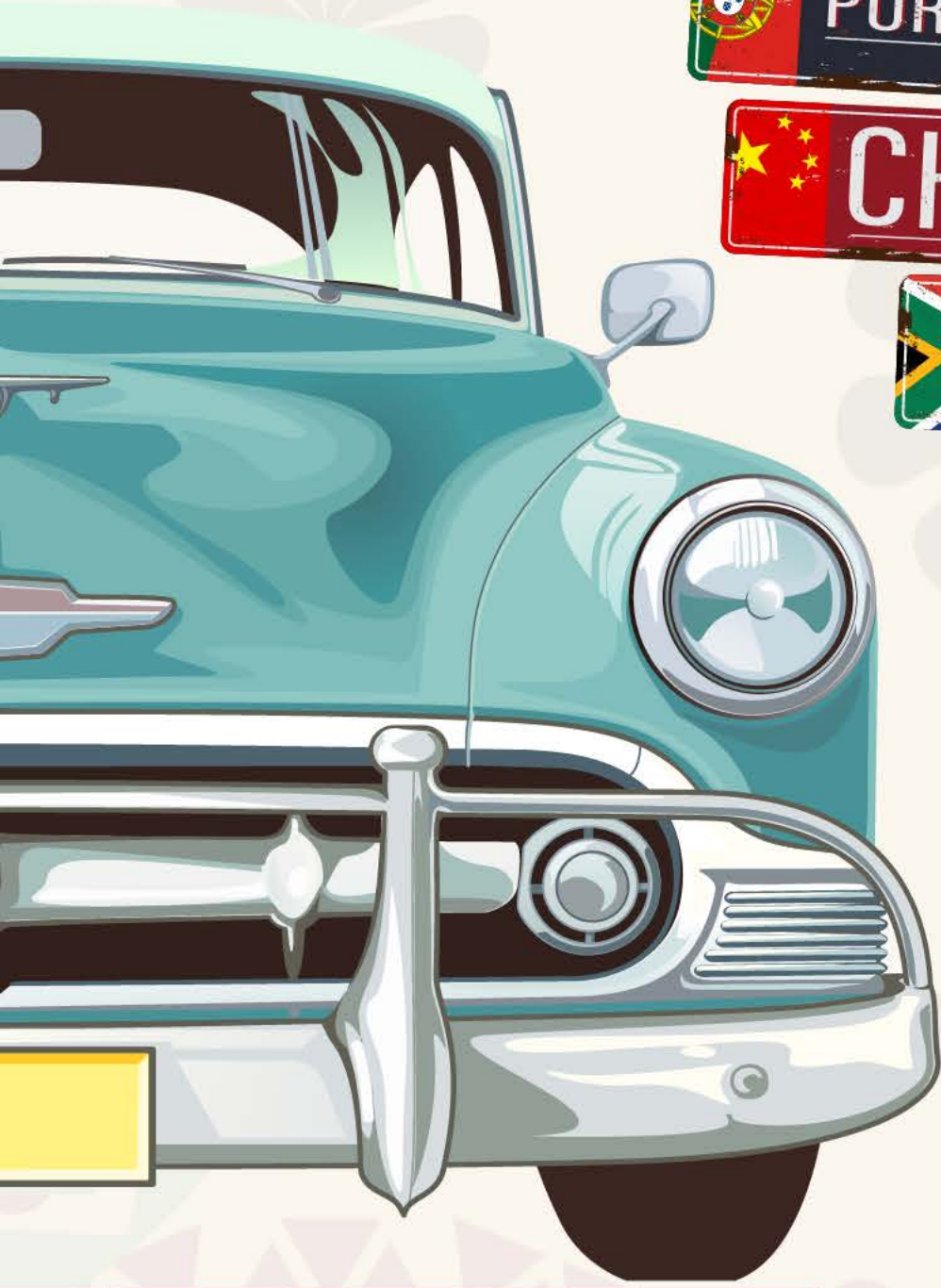


CARIBBEAN *fusion*

THE
LARGEST
ISLAND IN THE
CARIBBEAN



WITH FLAVOURS FROM



ARE YOU READY FOR
**CUBAN
FUSION**
CHECK OUT OUR
COUNTERS NOW.



AMERICAN *Diner*

TAKING YOU TO

KANSAS
CITY ★ **BBQ**
FOR OUR

- IT'S NOT IN -
KANSAS
ANYMORE...



IT'S HERE IN YOUR
DINING
ROOM!





**METROPOLITAN
POLICE**



Havering
LONDON BOROUGH

OUR HAROLD HILL - CLEAR HOLD BUILD

HALF TERM FOOTBALL AND BASKETBALL



**Free Football & Basketball sessions
for kids aged between 6 and 17**

FOOTBALL

6YRS-11YRS - 11AM

12YRS-17YRS - 12NOON

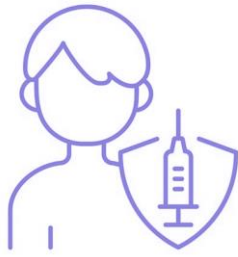
BASKETBALL

6YRS-11YRS - 12NOON

12YRS-17YRS - 1PM



**THURSDAY 30TH MAY
NEXT TO THE SKATE PARK
CENTRAL PARK
DAGNAM PARK DRIVE
HAROLD HILL
RM3 9DD**



If your child is outstanding one of the following vaccinations, **please contact us to book an appointment.**

Year 8 to Year 11: **HPV**

Year 9 to Year 11: **Diphtheria, Tetanus & Polio ; Meningitis ACWY**

If your child is outstanding their MMR vaccination, please email vaccination.havering@nhs.net to book an appointment.

DATE	TIME	VENUE
Tuesday 28 th May	10am – 1pm	Fairkytes
Wednesday 29 th May	10am – 1pm	My Place
Wednesday 3 rd July	3:30 – 5:30pm	Fairkytes
Tuesday 16 th July	3:30 – 5:30pm	My Place

If you would like to attend, follow the link to book

HPV: <https://london.schoolvaccination.uk/hpv/2023/book>

DTP/ACWY: <https://london.schoolvaccination.uk/dtp/2023/book>

Phone number: 0203 343 2400 OPT 2

Email: vaccination.havering@nhs.net

**Fairkytes Art Centre
Billet Lane
Hornchurch
RM11 1AX**

**My Place
343 Dagnam Park
Harold Hill
RM3 9EN**