

TLA'S U14 TITANS

TLA's U14 Titans played in a North East Essex rugby league tournament at Colchester Rugby Club and despite it being early in the season came away with wins over Hadleigh School (1-0) and the Phillip Morant School (3-1) with narrow defeats against Paxman (1-2) and Westcliff School (2-3). Training continues in the league and union format after school every Monday until Easter. All years welcome.

Mr Julier
Head of Sport & PE



E SAFETY - UPDATE

Child Protection Policy

The Thomas Lord AudleySchool Child Protection Policy is available on the school website

Emotional Well-being and Mental Health

Please refer to the links on our website if you are looking for information or contact your child's pastoral team if you have any concerns about their well-being.

Online Grooming

Some people may use games to build relationships with young people and trick them into sexual activities. They could try to building your trust by: Buying you items in the game or helping you complete it Giving you compliments or asking for your help playing Asking you personal questions Asking you to continue the conversation outside of a game on a different social network or messaging app. It can be hard to tell if someone is trying to groom you but if you feel pressured into doing anything you are uncomfortable with, hang up or cancel the chat and speak to an adult you trust.

READY STEADY COOK

Year 10 Catering Students - Ready, Steady, Cook Challenge

On the last day before Half Term the Year 10 Hospitality & Catering students participated in a 'Ready, Steady, Cook' challenge whilst working with the Royal Navy's Catering Team. The students were split into groups and together had to decide on a two course meal which they had to prepare, cook and present within a time frame.

In participating in this challenge the students developed their culinary skills as well as teamwork, communication, problem solving and time keeping. The students really enjoyed being given the opportunity to plan and be creative with their meals and the students all worked incredibly hard and prepared some amazing meals.

Mrs Laycock and Mrs Green
Head of Hospitality & Catering and Careers Leade

CLUBS TIMETABLE		
	Before School / Lunch Time	After School
Monday	<p>Before School:</p> <p>Fitness Club / Boxing Club 07:30 - 08:00</p> <p>Lunch Time:</p> <p>Multi Sports Club</p>	<p>Rugby Club Lower Field 15:15 - 16:15</p> <p>Drone Club D4 15:10 - 16:00</p> <p>Music Tech Club MU1 15:10 - 16:10</p> <p>Fitness Club</p> <p>English P6 - Year 11 C12</p>
Tuesday	<p>Lunch Time:</p> <p>Drama Club - Years 10 -11 Drama Studio</p> <p>Girls Basketball Sports Hall</p>	See everyday clubs
Wednesday	<p>Before School:</p> <p>Fitness Club / Boxing Club 07:30 - 08:00</p> <p>Lunch Time:</p> <p>Creative Writing - Years 7-9 CO3</p> <p>Girls Basketball Sports Hall</p> <p>Maths Club - Years 7-8 D3</p>	<p>Maths P6 - Year 11 With individual Maths teachers</p> <p>Football Club - Year 7 - 8 Sports Hall 15:15 - 16:15</p> <p>Rock School MU1 15:10 - 16:10</p> <p>STEM Club E01 15:15 - 16:15</p> <p>Musical Club Drama Studio</p> <p>Netball Club</p>

CLUBS TIMETABLE CONTINUED		
	Before School / Lunch Time	After School
Thursday	<p>Lunch Time:</p> <p>Boys Basketball Club Sports Hall</p> <p>Ukulele Club MU1</p> <p>Boys Basketball / Multi Sports Club Year 8 - 9</p> <p>Drama Club - Years 7 -9</p>	<p>Football Club - Year 9 Sports Hall 15:15 - 16:15</p> <p>Textiles Club - Year 8 & 9 F4 15:15 - 16:15</p> <p>Art Club A1 15:10 - 16:10</p>
Friday	<p>Before School:</p> <p>Fitness Club / Boxing Club 07:30 - 08:00</p> <p>Lunch Time:</p> <p>Choir MU1</p> <p>Chess Club C12</p> <p>Tech Club - Years 7-9 F2</p> <p>Fitness Club - Year 11</p> <p>Textiles Club - Year 7 F4</p>	<p>Football Club - Year 9 Sports Hall 15:15 - 16:15</p>
Every Day	<p>Lunch Time:</p> <p>Film and Pokemon Club D4</p> <p>Homework Club C14</p> <p>Ozone Club E03</p>	<p>Homework Club Library 15:10 - 16:00</p>

CATERING - Week Beginning 6th December				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh Pizza <i>(Wheat Gluten Milk Egg)</i>	Christmas Dinner Years 7, 10 and 11	Years 7, 10 and 11	Chicken Curry &	All Day
Cottage Pie V <i>(Wheat Gluten Barley Soya)</i>	Lasagne & Garlic Bread <i>(Wheat Milk Gluten)</i>	Roast Potatoes	Brown Rice <i>(Gluten Soya Wheat, Mustard Milk)</i>	Breakfast <i>(Wheat Egg Milk Gluten)</i>
Baked Fresh Potato Wedges	Cauliflower Cheese V <i>(Wheat Milk)</i>	Steamed Carrots	Sauté Potatoes	Hash Browns
Peas	Parsley Potato	Peas	Tandoori Quorn Pieces & Rice <i>(Milk Egg Celery)</i>	Baked Beans
Fruit Bags	Sweetcorn	Lentil Curry V <i>(Wheat Gluten Milk Mustard Soya)</i>	Fruit Bags	Vegan Vegetable Bake <i>(Gluten Wheat)</i>
Assorted Paninis	Fruit Bags	Donuts <i>(Wheat Gluten Soya Milk Egg Sesame)</i>	Assorted Paninis	Fruit Bags
Pasta Pots	Assorted Paninis	Fruit Bags	Pasta pots	Assorted Paninis
Baked Potato & Beans	Pasta Pots	Assorted Paninis	Baked Potato & Beans	Pasta Pots
	Baked Potato & Beans	Pasta Pots		Baked Potato & Beans

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CATERING - Week Beginning 13th December				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger <i>(Wheat Gluten Milk)</i>	Christmas Dinner	Christmas Dinner	Sausage Roll <i>(Gluten Soya Wheat Egg)</i>	Fish n Batter <i>(Fish Milk Gluten)</i>
Lasagne V <i>(Wheat Gluten Barley Soya Gluten)</i>	Years 7, 10, and 11	Years 8 and 9	Baked Fresh Cajun Wedges <i>(Celery Gluten Wheat)</i>	Chips
Baked Fresh Potato Wedges	Assorted Paninis	Assorted Paninis	Baked Beans	Peas
Sweetcorn	Pasta Pots	Pasta Pots	Macaroni Cheese <i>(Milk Wheat Gluten)</i>	Vegan Nuggets <i>(Wheat Soya)</i>
Assorted Paninis	Baked Potato & Beans	Baked Potato & Beans	Assorted Paninis	Assorted Paninis
Pasta Pots	Fruit bags	Fruit bags	Pasta Pot	Pasta Pots
Baked Potato & Beans			Baked Potato & Beans	Baked Potato & Beans
Fruit bags			Fruit bags	Fruit bags

CONTACT	
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