



# HARLINGTON HEADLIGHTS

Dear Parents,

Firstly, I thank you all for your continued support and for such amazing children. Your children are our priority and we are absolutely privileged to serve them.

We have seen an eventful term, full of activities and enrichment. From the Careers workshops, Options evening, Theatre opportunities to broadcasting opportunities, Harry Potter Trip, and the French residential trip to Paris. There are plenty of opportunities, many not mentioned here, to enable and support your child to be that best of who they are. We reach out to every parent to support these initiatives and opportunities so that our children can grow, thrive and aspire to be that best version of themselves. This was particularly echoed in the fundraising that took place on Red Nose Day and the participation of students and staff to raise awareness and funds for good causes.

Our aim as a School is to enable each and every child the opportunity to be that BEST version of themselves. To do this our connection with yourselves is vital. Please communicate with us and connect with us as we continue to grow to become the school that will better serve your children. I will write more on this in the coming days when I update you about our current building works and the plan for our return in September 2023. The Governing Body have approved a plan for a staggered start that will enable each and every year group one full day to be trained and accommodated to familiarise themselves within our building. You would have noticed the continued work as the project remains on time and looking ever closer to completion. We thank the Department for Education, Wates, our builders and all their partners for their diligence in keeping to schedule to ensure we open safely in September.

Working in partnership has been crucial and as we continue to build and foster these ties locally we are grateful for the support from local businesses, especially your own. As we build our website and social media coverage we look forward to welcoming you on board this next stage of our journey. Our corporate partners have enabled us to deliver, support and volunteer on behalf of and directly for our School Community. We are very grateful in particular to our corporate partners RWC, a Billion pound turnover company who has chosen Harlington School to connect with and continue their development into this year and beyond. As a key local employer we aim to grow our partnership beyond the volunteering and support they offer to routes into career pathways. They have supported with work experience placements, local street cleaning, cutlery, bowls and plates for our breakfast provision and so much more, their time. We are grateful for the belief they have in our School and your children.

As I come towards the end of my greeting to you all I want to ensure I thank all of my loyal team members and colleagues. So many of our staff have such a loyalty to our School and Children. This loyalty and belief goes beyond any paid employment to the multiple ways they aspire to serve your children. I hope you can all join me in extending our arms of gratitude across to all of my colleagues who have donated their time, money, equipment and so much more to all the good causes over the term. I am particularly grateful to all those staff dedicating additional hours to make up for lost learning and those who volunteer for breakfast club, coming in extra early to support our free breakfast provision.

Please stay safe, stay well and keep connected with us. Together we will enable your children, our children to make progress to succeed and to keep moving forward. I wish yourselves and all our students a safe Spring Holiday break. Ramadan Mubarak, Happy Vaisakhi and Happy Easter.

Yours Sincerely

Antonio D'Onofrio

## KeyDates

**Monday 17th April 2023**

FIRST DAY OF TERM

**Tuesday 18th April 2023**

Year 11 Drop Down Day -  
Skin Deep - Solomon Theatre

**Wednesday 19th April 2023**

Year 12 Study Skills Day

**Thursday 20th April 2023**

Year 12 Brunel STEM - Body  
in the Box

**Monday 24th - Friday 28th  
April 2023**

Lake District Residential Trip

**Thursday 27th April 2023**

Year 8 Parents' Evening

## Attendance

If a student is unable to attend school due to illness or other circumstances, please contact our school attendance officer, Mrs S Beech on 02085873505 or email her at [sbeech@harlingtonschool.org](mailto:sbeech@harlingtonschool.org)

If the school has not heard from you, we will contact you to find out the reason for the absence - this may be done via Truancy Call.



## Silver Tie Winners

Congratulations to our year 10 Silver tie winners! They were awarded this because of achieving effort grades of A and B in all their subjects and being close to their year 11 targets already. Well done for your hard work, you are all fantastic role models and should be very proud.

## Warm Welcome Centres

A free, warm and welcoming place for residents to visit during the colder winter days.

Our libraries and other faith and community buildings are open all year round.

While each offer something a little different, everywhere you visit will offer you a warm and friendly place to enjoy some company, buy a hot drink and get help and advice on how to stay warm and healthy during the winter.

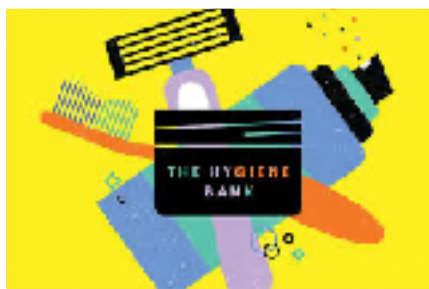
There are plans for regular health, wellbeing and mental health support sessions held in the centres, as well as drop-in sessions with guests advising on how to better insulate your home.

Hot drinks are available for purchase inside our libraries. The libraries also provide free wifi and access to computers to all visitors.

H4All (a charitable organisation made up of Age UK Hillingdon Harrow & Brent, DASH, Carers Trust Hillingdon, Harlington Hospice and Hillingdon Mind) has published their [Winter Wellness Directory \(PDF\) \[14MB\]](#). The directory is a comprehensive guide to help you navigate various challenges and stay well throughout the colder months.

Click on the link for locations:

<https://www.hillingdon.gov.uk/warm-welcome-centres>

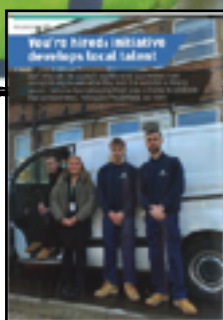


## Hygiene Bank

Harlington School have created a Hygiene Bank for students who are struggling with day to day essentials. We have a range of toothpaste, tooth brushes, deodorants and period products. If you feel this is something your son/daughter would like, please contact Ms K Walsh ([kwalsh@harlingtonschoo.org](mailto:kwalsh@harlingtonschoo.org)), where we will be more than happy to create a pack for them.

## Former Student

former Harlington School student **Cee-jay McGee, aged 17**, is working as an electrician. He began his apprenticeship last August, and enjoys the mix of learning at West Thames College, and on the job, carrying out repairs in houses, car parks and community buildings. Cee-jay, from Hayes, said: "I like to learn. As I'm new to the trade it's really interesting to learn everything from scratch. As a bonus it's good to earn a wage at the same time."



On Wednesday 8<sup>th</sup> March we took the delivery of a donation of new resources for the school's break- fast club. The breakfast club was started this year in order to provide a good start to the day for a large number of our children who do not have access to a nutritious breakfast at home. Due to financial pressures and other issues we are aware a number of our children rarely eat breakfast which impacts on their ability to focus and effectively learn when they are in school.

Anu Kalia (Strategy and Transformation Director) and Jo Burford (Purchasing Manager) from Reliance Worldwide Corporation donated bowls, cups, jugs, breakfast bars and other resources on behalf of Reliance Worldwide Corporation (RWC). The school has forged a close partnership with RWC who have also sponsored Outward Bound trips to the Lake District for our students as well as new sports kits for our Football, Rugby, Netball and Basketball teams. RWC have now taken the decision to divert a significant proportion of their internal fund-raising towards the disadvantaged students at Harlington.

*"Our commitments to Harlington School have been further reinforced with this engagement... and we do not underestimate the impact this will make with Pupils' wellbeing, and the energy and nourishment pro- vided for a rewarding day of lessons and learning"*

### Anu Kalia

Jo Burford's visit added particular resonance as she is an ex-Harlington student who studied at the school 30 years ago.

Anu and Jo are pictured above with members of our Safeguarding team, Charles Jefferies, Antonio D'Onofrio, Siobhan Beech and Natalie Patel.

### Our breakfast club goes from strength to strength!!!

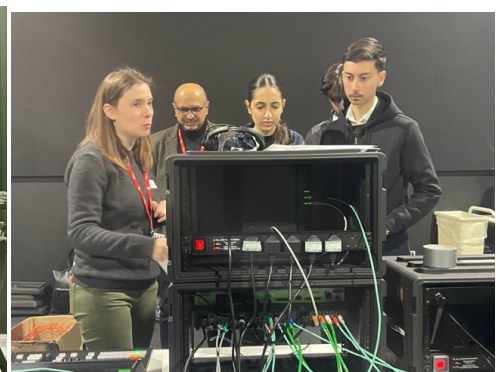




## Year 12 Broadcasting workshop at Global Academy

A team from RISEUp and Global Academy invited Harlington Year 12 Film and Media students to take part in a workshop where they built a TV studio and then produced their own TV quiz show.

Students worked with professionals from the broadcasting world to develop their understanding of sound, communications, camera work, directing and presenting and were able to talk to them about their careers—some of the team had been involved in the broadcasting of European Championships Football matches and Formula One.



global  
academy



**The Rise Up Academy is an outreach programme delivering broadcast engineering and technical workshops to primary and secondary school children aged 9 through to 18 years old.**

It's intention is to inspire, educate and inform children and young adults about the pathways and career opportunities available to them within the broadcast technology industry.

Funded by BT Sport, ITV and Discovery, the programme delivers hands-on workshops where the children build a 4 camera studio and gallery, as well have access to webinars from multiple partners across the sector.

**Riseup**Academy



## Harry Potter Tour

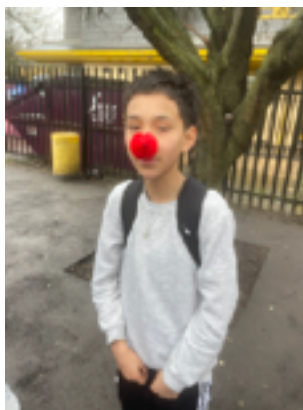
*Tuesday 14th March 2023*

Some of Years 7, 8, and 9 visited Harry Potter at Warner Studios, along with Ms Walsh, Ms Vohra, Mr Richards and Mr O'Donoghue. The tour started off with an Art lesson looking at how the costume department distress the costumes that are worn by the characters. The students then had a chance to create their own by using techniques that they were shown. They also had a chance to look at some of the costumes that were worn by the characters as well.

We then set off on the tour of Harry Potter and they were led through the great hall of Hogwarts, leading into the moving staircase. They boarded the Hogwarts Express before stopping for lunch. All the young witches & wizards had a great time..... even the ones who had never watched or read Harry Potter.







On Friday 17th March, it was so lovely to see so many students and staff wearing red and showing their support for RED NOSE DAY. Thank you to everyone who donated money by contributing £1 and buying cakes. Together we have raised £1350 which will go entirely to Comic Relief to help vulnerable people in the UK and some of the world's poorest countries.

I would especially like to thank Dibya Shrestha, our Head Boy, Lilli-Mae Veale & Zayn Khalid for bringing cakes in for our bake sale.







Solomon Theatre performed the Power of Love to our Year 9 Students on Wednesday 22nd March 2023. Students saw the varying forms of abuse and then discussed the fundamental principles of respect, trust and equality which are hallmarks of a healthy relationship over any social media form.

Key messages:

- **Exploitation** and the varied forms of abuse.
- **Cyber safety** - technology and relationships, the need for social media know how.
- **Healthy relationships** - the significance of respect, equality, trust and goodwill.



# TEAMWORK!!!

On Friday 17<sup>th</sup> March, a group of around 45 students were off timetable undertaking some activities to prepare them for their forthcoming Outward-Bound trip to The Lake District. Almost all of the students on this years' trip are on the SEND register and it's hoped their week away will help to develop their self-confidence and resilience.

Their preparation on Friday culminated with a team building activity that involved the building of spaghetti towers. Apologies if you found a significant amount of spaghetti around the school on Friday.

*Charles, Lucy, Mariana, Tom & Lillian*

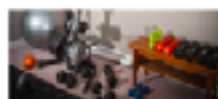


Students will be away in Ullswater from Monday 24<sup>th</sup> April to Friday 28<sup>th</sup> April





PE Flexi Timetable Half Term 1 2022			
	Lunch		After School
	Period 5	Period 6	3pm
Monday	Table Tennis (Mr Richards) Main Hall	Table Tennis (Mr Walsh) Main Hall	Monday Night Football All Years Changing Rooms
Tuesday	No club due to lessons	No club due to lessons	Basketball Year 10 & 11 (Mr Kelleher) Sports Hall
Wednesday	Badminton (Mr Yates) Sports Hall	No club due to lessons	Netball All Years (Ms Jackson, Ms Parker-Brice) Sports Hall
Thursday	Fitness (Ms Jackson) Fitness Room	Badminton (Mr O'Donoghue) Sports Hall	No clubs due to meetings
Friday	No clubs due to lessons	Fitness (Mr Carroll) Fitness Room	



Developing physically literate learners; with a sporting habit for life

## Extracurricular Activities

# YEAR 11 REVISION

## REVISION CLUB

### STAY FOCUSED!

- A QUIET SPACE TO STUDY
- DEDICATED STAFF
- REVISION MATERIAL

Learning Development Dept  
Tuesdays, Wednesdays &  
Thursdays  
2:40pm - 4:00pm

**JOIN NOW!** Any further queries contact:  
Mrs Gowers or Mrs Choudhury

# DRAMA CLUB

Speak to  
Miss Yates  
for more details

**COME ALONG AND GET INTO THE ACT!**

**JOIN US IN THE DRAMA HALL EVERY WEDNESDAY 3-4PM.  
EXPECT: DRAMA GAMES, PHYSICAL THEATRE AND SHORT  
SCENE WORK!**

## Homework Club

### GET IT DONE!

Join our Despatch homework club where you can get your homework done without distractions and work to the best of your ability. We offer a variety of resources as well as dedicated staff willing to help. Never get in trouble for not handing in your homework again!

### Contact Us

Room: L20 Despatch  
Staff Member: Mrs Choudhury

### What Do We Offer?

**Location**  
T20 Despatch

**Dates**  
We run every Tuesday, Wednesday & Thursday from 2:40pm until 4:00pm.

**Stamp Rewards Programme**  
Attend homework club and get your card stamped 10 times for a surprise!

## French Club Years 7& 8



## Extracurricular Activities

### Dungeons & Dragons



Mr Adams is running a Dungeons & Dragons club. It is an invite **only** club at the moment as we can only have a small group attend at a time, but it has become so popular that he is looking to expand it this school year to accommodate more students that have shown interest.

Dungeons & Dragons is a powerful learning tool that provides kids with numerous social, emotional, and creative benefits.

We run on Thursdays and the first session is next week. If any students are interested, they can go and speak to Mr M Adams and he will set up a waiting list for new groups to be put together.

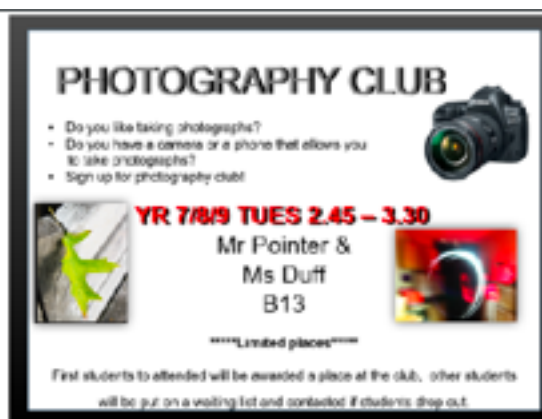


### Art Club

Fantastic work completed by our year 7's during Art Club this term.

Art Club runs during lunchtime, every Monday, in LDD.

Miss L Bristol



### Photography Club Years 7, 8 & 9



## Basketball Club

# CAVALIERS BASKETBALL CAMP



3/4/23 - 6/4/23

9am-12pm Ages 7-12  
12.15-3.15pm Ages 13-17  
FULL CAMP £60 DAILY CAMPER £18

UXBRIDGE COLLEGE, PARK ROAD, UXBRIDGE UB8 3NQ

Booking/info: call Lorian on 07703 056303  
or email [admin@fullcourtconnections.co.uk](mailto:admin@fullcourtconnections.co.uk)



## Career Information Sessions for Parents & Carers

### CAREERS IN DIGITAL INDUSTRIES

Thursday 20 April 2023, 6-7pm

College: Westminster Kingsway College

Register [HERE](#)

**Potential careers include:** Web developer, User Experience (UX) Designer, App Developer, Digital Marketer, Graphic Designer, Video Producer, IT Support Specialist, Software Developer, Network Engineer, Cybersecurity Analyst, Database Administrator, IT Consultant, IT Project Manager, Data Analyst, Games Designer, Animator, Concept Artist, Technical Artist, Gamer Programmer, User Interface (UI) Designer, VFX Artist, Film Editor, Film Director, Cinematographer, Sound Designer, Production Manager, Games Animator, 3D Modeler, Photographer, Photo Editor, Art Director, Social Media Manager, Photojournalist and Creative Director.

The YMCA offer a number of activities that are offered for free to young people in the local community around Hayes and there are activities available daily.

### YMCA ST PAUL'S GROUP

## YOUTH ACTIVITIES TIMETABLE

**FREE** youth activities and projects providing safe and inviting spaces for young people



Sign up to use our services!

You need to complete this registration to be able to sign up for youth activities



Get in touch!

George: 07817359957 Ali: 07971959513 Ryan: 07909539912

Monday				
Girls @ YMCA	10 - 15 yrs	4.30pm - 6.00pm	YMCA Hayes - Ventura House	Ali
Non Contact Boxing	16 - 19 yrs (21 with SEND)	6.30pm - 8.00pm	YMCA South Ealing	Ryan
Tuesday				
Gym & Non Contact Boxing	10 - 15 yrs	5.00pm - 6.00pm	YMCA Hayes - Ventura House	Ryan
Gym & Non Contact Boxing	16 - 19 yrs (21 with SEND)	6.30pm - 7.30pm	YMCA Hayes - Ventura House	Ryan
Wednesday				
Youth Club	10 - 15 yrs	4.30pm - 6.00pm	Hayes YMCA Café	Ryan
Youth Club	16 - 19 yrs (21 with SEND)	6.30pm - 8.00pm	Hayes YMCA Café	Ryan
Thursday				
Girls Football	12 - 15 yrs	5.00pm - 6.00pm	Botwell Leisure Centre Hayes	Ali
Community Football	10 - 11 yrs	5.00pm - 6.00pm	Botwell Leisure Centre Hayes	Ryan
Community Football	12 - 15 yrs	6.00pm - 7.00pm	Botwell Leisure Centre Hayes	Ryan
Music	16 - 19 yrs (21 with SEND)	6.30pm - 8.00pm	Hayes YMCA Studio	Ali
Friday				
Free Friday Football	12 - 15 yrs	5.00pm - 6.00pm	Rectory Park, Northolt	Ryan
Free Friday Football	16 - 19 yrs (21 with SEND)	6.30pm - 8.00pm	Rectory Park, Northolt	Ryan



Here for young people  
Here for communities  
Here for you

W: [ymcastpaulsgroup.org/youth-west/](http://ymcastpaulsgroup.org/youth-west/)  
ymca\_youthlondon

## Contact Information

If your address, telephone number or email address has changed, please notify us by emailing [schanning@harlingtonschoool.org](mailto:schanning@harlingtonschoool.org) as it's so important we have the correct information on our system.

# Work Experience March 2023

Students in Year 12 were on their work experience placements from 6th – 10th March in local businesses and organisations. They were developing their skills of

All students who returned an evaluation felt that it helped them to understand the world of work and the skills they will need in the future.

Students said that they learned about adapting quickly, improving their communication skills, building their confidence, team work.

Zahra had worked very hard this whole week. The people at the pharmacy were very happy to have her and Zahra was sad she has to come back to full time education-I see this as a plus as I have personally seen how Zahra has tried to better herself educationally so that more pharmaceutical opportunities are open to her and this shows she is very determined to have a better future.

Dhanbir received glowing feedback from her work experience colleagues at Andres Pharmacy. They were impressed with how involved she was, doing everything that was asked. They were very happy to have her and she's one of their favourites!

Do congratulate her when you see her as she's done the school proud.

## Employer Feedback

I received a call from Santander-when asking the employer how Arham had behaved for Work Experience the manager said he had been so helpful and professional that he offered him a full time paid position at the bank. From assisting with cash machines to hosting front of branch he was outstanding in the way he carried himself-the manager said this has also helped him become more personally confident which is amazing to hear.

One of the solicitors:  
Kareena is very amenable and has a pleasant nature.  
Earlier today the 'big boss' was in; Kareena was talking to him but she did not know this at the time and they had a great conversation



# VIRGIN MEDIA O2 WORK EXPERIENCE



**Virgin Media O2 is launching work experience week from 3rd – 6th April 2023!**



Students of this event will be able to gain valuable insight into our industry, Virgin Media O2 as an organisation, and what our early career programme opportunities look like for graduates, internships and apprenticeships as well as building skills to support education through to employment.

Over the course of four days, we'll be giving students the opportunity to gain experience of what it's like to work in the highly dynamic telecoms industry and gain an insight into Virgin Media O2's mission to upgrade the UK. We want to help young people develop skills, knowledge and experience to take control of their futures and change the world around them.

This event is running virtually from the 3rd – 6th April 2023 and this allows students to have the flexibility to access this work experience from wherever is best for the student.

## Who's this for

Students aged 14-16, who have a strong interest in finding out more about STEM based careers (Science, Technology, Engineering, Mathematics).

## What to expect

- You'll get to delve into the importance of key skills that are critical to STEM careers, including problem-solving and critical thinking
- You'll gain exposure to career coaching activities and get hands-on practice using innovative recruitment tools such as Match Me, situational judgement tests or career alignment quizzes.
- Hear from our people, including those on our early in career programmes to gain valuable insight into our industry, STEM careers and how our sustainability plan has a powerful impact on what we do as a business and in society
- The knowledge, skills and experience gained over the week will help students achieve the Bronze Industrial Cadets accreditation

## How to apply

Scan / Click the QR code to apply!

So we know it's you, use the Work Experience Reference Code on the application form.



VMO2C2



# Chartwells New Menu

## WEEK 1 HALAL MENU

**CHOICE One**

**MON** Chicken Burgers and Mash  
with Peas and Gravy

**TUE** Chicken Masala Nuan  
with Masala Rice

**WED** BBQ Mandarin Chicken  
with separate Egg Fried Rice

**THUR** Brahma Glazed Chicken Burger  
with Cheese Potato Wedges and Sauces

**FRI** Fish and Chips  
with Salad Beans and Peas

**CHOICE Two**

**MON** Traditional Cottage Pie  
with Meat, Peas and Gravy

**TUE** Roasted Rainbow Vegetables  
with Nutritional Yeast, Tomato and Cucumber  
Salad and Hummus

**WED** Sweet Chili Noodles

**THUR** Plant Based Marlowe Melt  
with Cheese Potato Wedges and Sauces

**FRI** Vegan Sausage Roll  
with Chips, Salad Beans and Peas

**GRAB & GO OPTIONS**

**WEEKLY SPECIAL**  
Indian Chickpea Salad

**SALADS:**  
Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad

**SANDWICHES/WRAP/QUATTROS:**  
Chicken  
Chicken & Mayo  
Chicken  
Chicken Sandwich  
Chicken & Tomato

**WRAPS:**  
Tuna Crunch Wrap  
Pesto & Hummus Wrap

**HOT DRINKS:**  
Pancakes  
Pasta & Sauces  
Friedly Baked Pizza  
Jacket Potatoes & Toppings

Frutty! Nutritional's Choice Vegetarian Oily Fish Wholegrain Halal

## WEEK 2 HALAL MENU

**CHOICE One**

**MON** Sticky Rice Burger  
with Tofu and Herb Gravy  
and Cauliflower

**TUE** Chicken Katsu  
with Wholegrain Rice and Peas

**WED** Roasted Chicken and Mash  
with Carrots and Corn

**THUR** Chicken Tikka Masala  
with Rice and Chilli Sauce

**FRI** Crispy Chicken Burger  
with Chips

**CHOICE Two**

**MON** Vegetarian Cottage Pie  
with Seasonal Vegetables and Peas

**TUE** Roasted Butternut Squash, Chickpea  
and Roasted Buddha Bowl

**WED** Massaged Cheese  
with Shrimp and Peas

**THUR** Roasted Cauliflower and  
Chickpea Buns  
with Rice and Chilli Sauce

**FRI** Vegetarian Buns  
with Chips

**GRAB & GO OPTIONS**

**WEEKLY SPECIAL**  
Indian Chickpea Salad

**SALADS:**  
Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad

**SANDWICHES/WRAP/QUATTROS:**  
Chicken Sandwich  
Chicken & Mayo Sandwich  
Chicken Sandwich  
Chicken & Tomato Baguette

**WRAPS:**  
Tuna Crunch Wrap  
Pesto & Hummus Wrap

**HOT DRINKS:**  
Pancakes  
Pasta & Sauces  
Friedly Baked Pizza  
Jacket Potatoes & Toppings

Frutty! Nutritional's Choice Vegetarian Oily Fish Wholegrain Halal

## WEEK 3 HALAL MENU

**CHOICE One**

**MON** BBQ Chicken Meatballs  
with Wholegrain Pasta

**TUE** Crispy Katsu Fish  
with Wholegrain Rice and Peas

**WED** Roasted Chicken and Mash  
with Peas

**THUR** Chicken Shawarma  
with Masala Yellow Rice and Peas

**FRI** The Chicken Sausage Dog  
with Chips, Baked Beans and Peas

**CHOICE Two**

**MON** Cauliflower Mac 'n' Cheese  
with Peas and Gravy

**TUE** Vegetarian Chili  
with Wholegrain Rice and Peas

**WED** Beetroot and Feta Burger  
with Baked Potatoes and Apple Slices

**THUR** Chinese Vegetable Noodles  
with Peas

**FRI** The Veggie Dog  
with Chips, Baked Beans and Peas

**GRAB & GO OPTIONS**

**WEEKLY SPECIAL**  
Indian Chickpea Salad

**SALADS:**  
Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad

**SANDWICHES/WRAP/QUATTROS:**  
Chicken Sandwich  
Chicken & Mayo Sandwich  
Chicken Sandwich  
Chicken & Tomato Baguette

**WRAPS:**  
Tuna Crunch Wrap  
Pesto & Hummus Wrap

**HOT DRINKS:**  
Pancakes  
Pasta & Sauces  
Friedly Baked Pizza  
Jacket Potatoes & Toppings

Frutty! Nutritional's Choice Vegetarian Oily Fish Wholegrain Halal



# SPRING IS HERE!

There's a buzz in the air – warm temperatures and the long sunny days of summer are coming – but for some we need to get exams done first. Whatever your children are studying for this term, we'll help them be prepared with our new fresh and tasty menu.

Pop-ups coming this term ▶



## WHAT'S NEW

We're hearing loud and clear that pupils want to grab a pot of flavourful food and go. With this in mind, and preparing for another hot summer, we've created incredibly tasty dishes such as Roasted Rainbow Veg and Chicken Tikka Naan bowls, as well as tastebud tantalising cold options too.

## WHY ARE THESE GOOD CHOICES?

The stresses and demands on teenage brains are high, so eating regularly is important to fuel the mind and body.

We've got a menu full of tasty, healthy options that are great for studying and staying focused. Choose from our Chinese Vegetable Noodles or Veggie Dog – both have plenty of fibre to help in keeping students energised and feeling great throughout the day.

