



June is a busy month for

raising awareness weeks. Pride Month takes centre stage and we will be celebrating in college during National Diversity Week from 24 June with our own Cultural Day. This is in the early planning stages currently. We have already discussed the importance of the D Day Landings and why we should remember this key event in history and will be focusing on Healthy Eating during National Healthy Eating Week. Year 12 have already attended the UCAS Discovery Event which begins their journey into the world of applying for universities and learners will be focusing in the next few weeks on preparing for Work Experience. In addition, we will be discussing the upcoming elections – having already had lessons on the London Mayoral elections in May.

As part of National Healthy Eating week, learners will be able to sample plant-based foods provided by our partners Juniper. The theme this year is “Give it a go!” and certainly we will be asking our learners to have a go at trying something new. There is a wealth of information on the [British Nutrition Foundation website](#) which we will be sharing with our learners. We recognise that providing healthy meals on a budget is a concern to many parents / carers and there are some useful tips from Tesco here [Healthy Meals and Recipes on a Budget | Tesco Real Food](#) and the BBC [Healthy meals on a budget - BBC Food](#). We also know that it is not that easy to ensure teenagers eat well – there is some advice here on dealing with teenagers [Fussy eating guide for children and teenagers - Nutritionist Resource \(nutritionist-resource.org.uk\)](#).

Attached to this newsletter is a flyer from the Local Authority regarding an informative session on County Lines in London for parents / carers. It is a sad fact that many young people are drawn into this world and also that unfortunately Newham does have a high number of individuals linked to County Lines residing in the area ([based on latest data available](#) Met Police). The lure of easy money is often too strong as well as the threats of harm to family members. There have been a number of [news](#) reports on this and if you would like to know more about County Lines, watch this [Exploring county lines drug trafficking in the UK through three young Londoners' experiences \(youtube.com\)](#) which explores the complex reasons behind why young people become involved. This article from [Catch 22](#) is also helpful. If you are concerned that your child is involved / is at risk of becoming involved in County Lines, then please contact your child’s Head of Year in the first instance. You can also contact the Local Authority here [Children and families – Newham Council](#) or find support from the following agencies [Our Services - St Giles \(stgilestrust.org.uk\)](#), [Catch 22](#).

Parent Session

County Lines in London

- Havering/ Barking&Dagenham/ Redbridge
- Waltham Forest/ Newham
- Hackney/Tower Hamlets

Register today

www.ivisontrust.org.uk/webinars



6:30-
7.30pm
16th July



**i feel so much
more confident to
talk to my child**

Hosted by

Ivison Trust,
a parent with lived experience & a
local police officer.