

Reflection Space

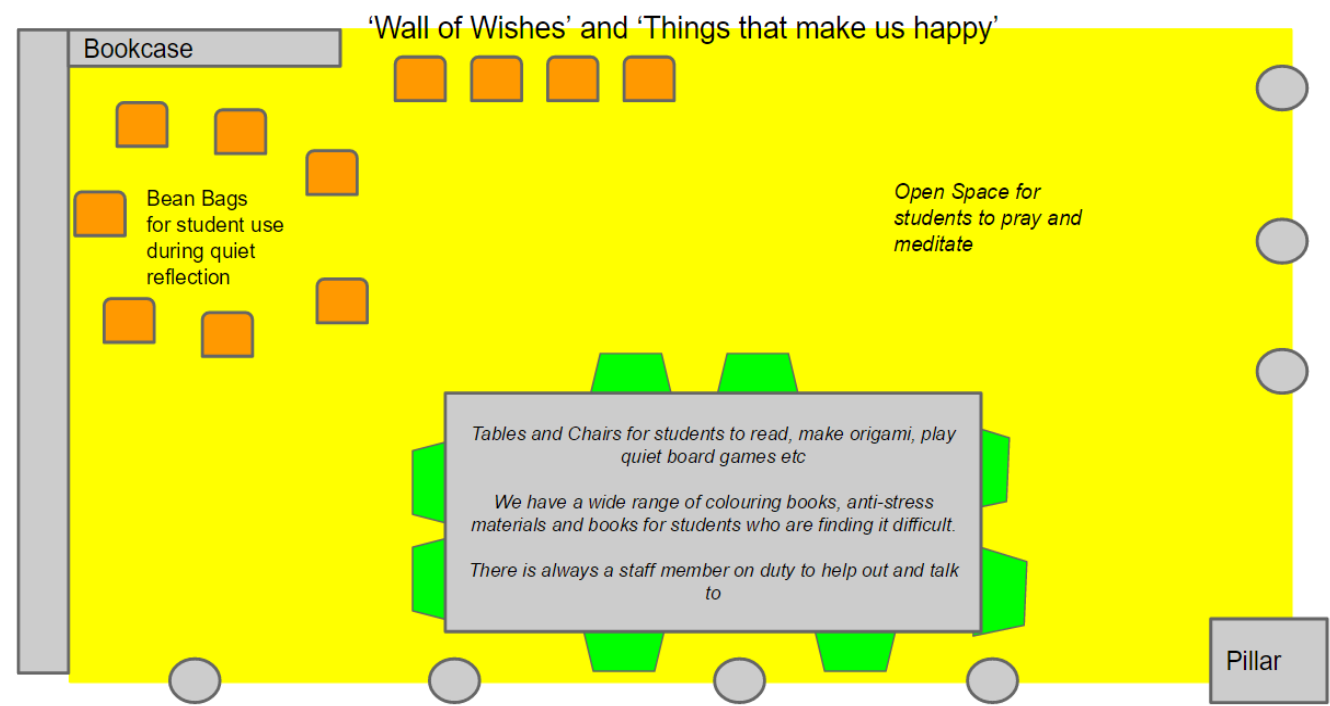
The Reflection Space is a free and open space for any students who need a quiet and safe area. It is open every lunchtime from 1:20 - 1:50 and we have students who come to relax, pray, meditate, play a quiet game or just read, draw or make origami.

There is a staff member on duty every day if your child needs someone to talk to, and we also have a team of sixth form mentors who help out and encourage students. For anxious students or students with different needs, we also provide a safe, quiet place to relax and have some excellent books that students can borrow or use at their leisure.

You can find us in the Learning Zone, top floor of the Lancaster every lunchtime. During the exam period, we are open daily in B17.

*In order to promote acceptance and equality in the reflection space, we have a strong code of ethics that can be found [here](#). **(link to Reflection space code of ethics and remove this wording)***

Layout of the room





Reflection Space

Code of Ethics



This is a free space for use by all.
There is no denomination, difference or segregation within this room.

This is a place of quiet reflection. Please use appropriate language and keep noise to a minimum.



We respect this room as it belongs to all of us. We will keep it clean and tidy and in the best possible condition.

If we need someone to talk to, there is always a member of staff on hand to help. If you are concerned about anything, please do speak to your teacher.

In this space we are respectful of all cultural traditions and spiritual beliefs. We have mutual respect and tolerance of those with different faiths and seek to learn more from each other. We uphold British values which means we do not discriminate against anyone on any grounds.

Charities supported by the staff and students of UHS

Hillingdon Food Bank

Anti-Bullying

Movember - Staff

KISS

MOAB - Refugee Charity

Remembrance Day Poppies & Poppies for Peace

Stonewall

Vivo Charities - All Students

Guide Dogs for the Blind

Child Soldiers



LOCAL HELP FOR LOCAL PEOPLE



**Red Poppies
for Remembrance**



**White Poppies
for a Peaceful future**