

Your Life, You Choose

On Wednesday 17th November, Year 7 students participated in the 'Your Life, You Choose' workshop. The aim of the workshop was to develop students' knowledge and understanding of staying safe in all walks of society. Guest speakers from the Metropolitan Police, Crimestoppers, Daniel Spargo-Mabbs Foundation and Prison and Ambulance services were invited to the College to deter students from crime, raise awareness of the consequences of their choices and empower them to make better decisions. The students found the workshop incredibly useful as it reinforced the importance of making informed decisions in order to keep themselves safe.



Post 16 Open Evening - Virtual Page

For all those who were unable to attend the Post 16 Open Evening on Monday 22nd November, we have set up a page on The Trust website to give you an insight into our comprehensive and versatile Post 16 offer. All information for this event can be found at (<https://trhat.co.uk/openevening-post16/>) where you can also gain an understanding of our ethos and values, and a sense of our community spirit.





HEWENS PRIMARY SCHOOL VIRTUAL OPEN EVENING

Tuesday 30th November 2021

Going Live at 6:00pm

The Virtual Tour for can be accessed via: (<https://trhat.co.uk/transition-hp/>)

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Hewens Primary's Virtual Open Evening

Hewens Primary School will host its first Foundation Years Virtual Open Evening for Nursery and Reception on Tuesday 30th November via (<https://trhat.co.uk/transition-hp/>). The Virtual Tour will premiere at 6:00pm and promises to be informative and enlightening for all, allowing families to acquire all the information they need in choosing the best school for their child. **Please click on the thumbnail in the flag to enlarge.**

The Parents' Guide - December 2021

The Parents' Guide is an external organisation providing up-to-date, practical guidance to inform and involve parental support. These online guides are designed to provide parents, guardians and carers with the information they need to support their children and help them make the right choices in order to create successful futures. Please visit (<https://www.theparentsguideto.co.uk/school-newsletter>) to download your free copy for December 2021, offering advice on how your teenagers can make the most out of the Christmas Holiday period and use their time wisely. Topics include: upcoming mocks, examinations, January applications for university and tips on how to maximise the Christmas Holidays.

Adolescent Development Services - Targeted Winter Offer

Adolescent Development Services continues to provide support, advice and interventions for children and young people who live, learn or earn in Hillingdon. Across the Christmas Holiday period, children and young people will have the opportunity to maximise the programme's targeted winter offer **#DoSomethingThisHoliday** through a selection of positive, fun, free online and IRL (in real life) activities designed to engage, entertain and educate. The sessions and workshops are provided on a referral basis and will run from Monday 20th to Thursday 23rd December and Wednesday 29th to Friday 31st December with a plethora of activities from games and sports, crafts, quizzes, to a thrilling online escape room! Please visit (<https://www.hillingdon.gov.uk/targeted-programmes>) for more information.

Train to Be a Family Support Volunteer

If you are interested in training to be a family support volunteer, giving support, providing practical help and making a difference to local families who are struggling to cope with issues including post-natal depression, isolation and managing difficult personal circumstances, apply now for Home Start Hillingdon's Volunteer Preparation Course starting on Wednesday 19th January. Full training and support are provided and the agreed expenses are covered. To find out more, please visit (<https://bit.ly/3FCsckH>).



November 2021

November	
Monday 29th	Yeah 11 Trial Examinations
Tuesday 30th	Hewens Primary Virtual Open Evening

	Week Commencing: <i>Monday 29th November</i>	
MENU 1		
MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	<i>Strawberry Ice Cream and Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	<i>Jam Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	<i>Lemon Tart</i>	<i>Fresh Fruit and Yoghurts</i>
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	<i>Strawberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	<i>Fresh Fruit Salad</i>	<i>Fresh Fruit and Yoghurts</i>
<i>Please note that all main meals are served with Fresh Vegetables of the Day. Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily</i>		

Attendance

Congratulations to the following form groups for having the best attendance in the College last week. Keep up the great work. Our overall attendance for the week was 93.18% which continues to improve week on week.

Form 7AC	100%
Form 1OMS	98.83%
Form 11MS	98.03%
Form 7MS	96.76%
Form 8HA	95.65%