

Culinary Creativity

The crème de la crème of culinary creativity... Hewens College Year 8 students rose to the challenge on Friday 21st January, to run a complete lunchtime service in Food Technology. Cooking up a storm, they put into practice their seasoning, frying and presentation skills to prepare a lunchtime snack, with aromas permeating the kitchen that even staff stopped by to discover the potential of our students. The students' passion for culinary creation far exceeded expectations as they sampled their succulent delights, showing themselves to be a credit to the College!

Having learnt the fundamentals of healthy eating, they each upheld high standards in the kitchen and devised their own nutritious pumpkin wraps. This enabled them to make informed food choices, allowing them to relish the food of their choice and accompany it with a healthier option, taking into consideration the right balance and portion control.

The students have demonstrated that they can operate at a very high level with little supervision and have set the standards, expectations and aspirations for prospective students, to ensure they are industry-ready.







CHILDHOOD ASTHMA

Join our
**FREE Virtual
Asthma Workshop**

JANUARY

4pm - 5pm

31st

Presented over: **zoom**

Session presented by a Hillingdon asthma nurse, covering:

- What to do if your child is having an Asthma attack
- Inhaler techniques
- Myth Busting
- Asthma plans
- Common triggers

LIMITED SPACES AVAILABLE

CONTACT THE TEAM TO BOOK YOUR PLACE

Call the team 01895 543 437

nhsnwlcgg.Myhealth@nhs.net

Time to Talk Day and Children's Mental Health Week

For many, it is hard enough to experience mental health problems without having to face the judgement and isolation that often surrounds them.

As such, in order to end mental health discrimination, Mind, a mental health charity who provide advice and support to empower anyone experiencing a mental health problem, will run the nation's biggest mental health conversation for Time to Talk Day on Thursday 3rd February.

Friends, families, communities and workplaces can come together to talk, listen and change lives. No one should have to face a mental health problem alone, so join Mind and take part in the day via <https://timetotalkday.co.uk/>.

The following week will be observed as Children's Mental Health Week under the theme 'Growing Together'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how they have grown and how they can help others grow. Challenges and setbacks help us adapt and trying new things can also take us beyond our comfort zone into a new realm of possibility and potential. However, this is often a gradual process that happens over time and sometimes we might feel 'stuck'. Please take a look at the useful information and support links provided on the College's Mental Health and Well-Being page to support you or someone you care about via <https://www.hewenscollege.co.uk/213/mental-health-and-wellbeing>.

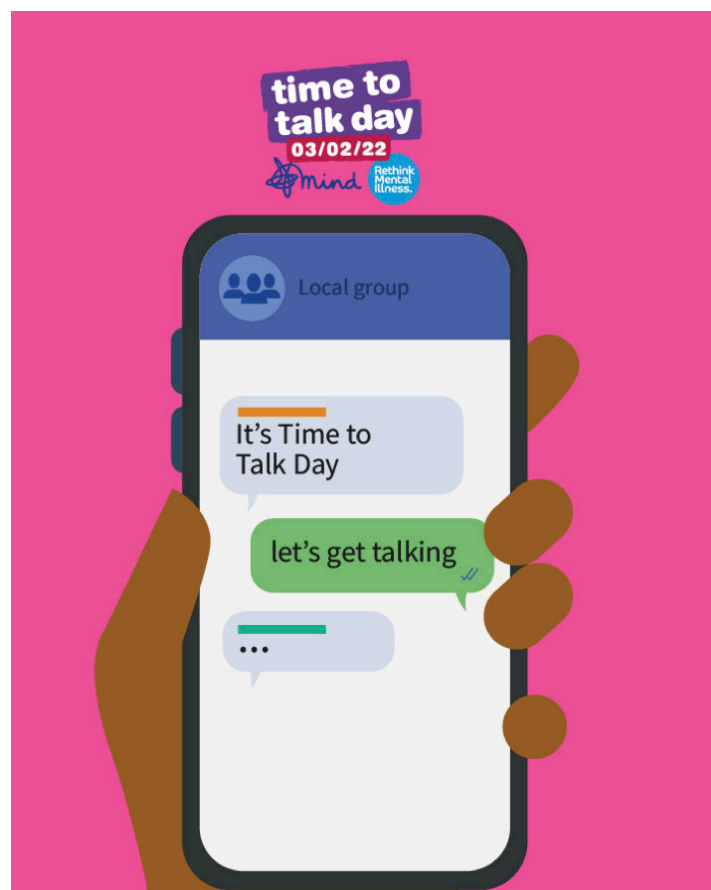


time to talk day
03/02/22
Mind Rethink Mental Illness.

**However you do it,
start a conversation
about mental health**

Talk, Listen, Change Lives

#TimeToTalk



time to talk day
03/02/22
Mind Rethink Mental Illness.

Local group

It's Time to Talk Day


let's get talking

...

**However you do it,
start a conversation
about mental health**

Talk, Listen, Change Lives

#TimeToTalk



School Nursing
Shout Out

Central and North West London
NHS

Newsletter 2 - January 2022

MENTAL HEALTH

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities, including:

- The ability to learn
- The ability to feel, express and manage a range of positive and negative emotions
- The ability to form and maintain good relationships with others
- The ability to cope with and manage change and uncertainty

(Mentalhealth.org.uk, 2022).

WHAT IS RESILIENCE?

Resilience is the ability to cope when things go wrong. Resilience can also be described as: Bouncing back after difficult times, dealing with challenges

RESOURCES TO HELP!

Kooth - www.kooth.com Online anonymous support. Online chat to professionals runs from 12pm-10pm on weekdays and 6pm-10pm on weekends

Young minds - 24/7 Free texting service. Text YM to 85258 texts are answered by trained volunteers. If they think a child or young person is at risk they will share details with someone who can help.

CLEAR FEAR - available on Google Play and Play Store.

IF YOU WOULD LIKE OUR SUPPORT SPEAK TO YOUR SAFEGUARDING LEAD OR WELFARE TO BOOK AN APPOINTMENT.
DIRECT CONTACT DETAILS: 01895 891302
EMAIL: CNW-TR.HILLINGDONCHILDRENC@NHS.NET



LAUNCH OF NEW WEBSITE

Please note, we have launched a new website and restructured the site to improve accessibility to our content. Although it may look slightly different, you will still be able to navigate the pages and find all the relevant information found on our previous website, and more. In the meantime, please feel free to browse through our social media channels that can be accessed directly at the top of the page. There will be more information to follow in the forthcoming weeks.

Success Beyond School

InvestIN's parent event series is designed to give parents, guardians and carers the essential tools they need to support their child on their career journey. Their Success Beyond School series include a number of live, online seminars featuring leading career experts helping to amplify students' career potential.

The events are for families of students aged 12 to 18 and are free to attend. For expert advice on breaking into medicine, dentistry and veterinary science, please visit (<https://investin.org/pages/parent-events>) and fill out the registration form, giving you access to the making it in the Medical Sciences webinar on Wednesday 9th February. Alternatively, for access to life-changing, immersive career programmes for students, taking place from the end of January, book your place now at (<https://investin.org/pages/choose-your-career>).

College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. It is designed to instil a sense of pride, identity and belonging. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.



FEBRUARY to JULY 2022

FEBRUARY

Thursday 3rd	Time to Talk Day
Monday 14th to Friday 18th	Half Term
Tuesday 22nd	Year 8 Options Day/Evening

MARCH

Friday 4th	Coronavirus Booster Jabs
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APRIL

Friday 1st (Early staggered closure)	Spring Term Ends
Tuesday 19th	Virtual Academic Tutoring - Key Stage 3 and Post 16
Wednesday 20th	Virtual Academic Tutoring - Key Stage 4
Thursday 21st	Summer Term Begins

MAY

Monday 2nd	Bank Holiday
Monday 30th May to Friday 3rd June	Half Term

JULY

Wednesday 20th	Summer Term Ends
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	Week Commencing: <i>Monday 31st January</i>
MENU 4	

MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	Non Halal
Meal Choice 4	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 5	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Vegetables	Carrots and Green Cabbage	
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts
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		

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 90.12% which continues to improve week on week.

Form 10MS	100%
Form 11MS	97.75%
Form 7EL	96.84%
Form 7MS	96.55%
Form 8AC	95.06%