



FRIDAY 21ST JANUARY, 2022

CONTACT US ON

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020 8573 1039



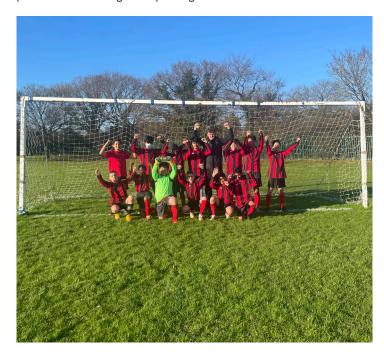
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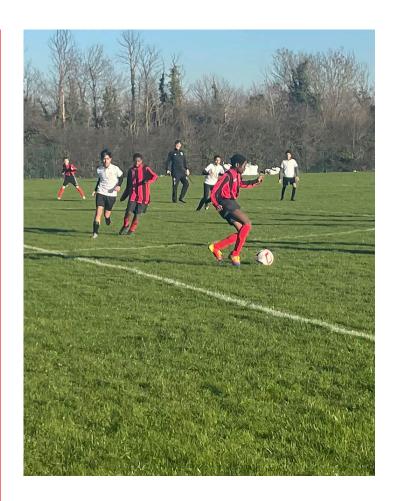
hewenscollege@trhat.org

Football Match

On Monday 17th January, Year 8 students played Guru Nanak in the quarter final of the Hillingdon Borough Football Cup. After two halves of thrilling end-to-end football, the game ended in a two-all draw which meant the win would be decided by penalties. Unfortunately, Guru Nanak School won 4-1 and progressed to the semi-finals. Well done to the Hewens Team for your fantastic performance and great sporting attitude!







Precautionary Measures for Coronavirus

As a result of the Prime Minister's plans to end Plan B restrictions, a number of changes have been made to the current coronavirus (COVID-19) measures implemented within the Trust following his announcement on Wednesday 19th January.

Face masks are no longer required in classrooms for students, however individuals will still be recommended to wear them in enclosed or private spaces. The current rule also requires everyone aged 11 or over to wear face masks in most public indoor venues and on public transport. As such, we strongly suggest that parents, guardians and carers supply their children with at least three masks to carry with them at all times in case of loss.

A new national approach to daily testing for contacts of COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 should take a lateral flow device (LFD) every day for 7 days instead of self-isolating. Additionally, the 10-day self-isolation period for those who record a positive polymerase chain reaction (PCR) test result for COVID-19 has now been reduced to 5 days in most circumstances. For further information, please read the letter that was distributed via [https://trhat.co.uk/letterc-covidupdate190122/].

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].



FEBRUARY to JULY 2022

FEBRUARY				
Monday 14th to Friday 18th	Half Term			
Tuesday 22nd	Key Stage 4 Options Day/Evening - Subject to Change			
MARCH				
Friday 4th	Coronavirus Booster Jabs			
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			



Week Commencing: Monday 24th January

MENU 3

MONDAY			
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice		Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Grav	У	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy		Non Halal
Meal Choice 4	Vegetarian Sausages with Mashed Potatoes and Onion G		Vegetarian
Meal Choice 5	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter		Gluten/Dairy Fre
Vegetables	Carrots and Green Cabbage		
Dessert Choice	Orange Jelly Fresh Fruit		t and Yoghurts
TUESDAY			
Meal Choice 1	Chicken Tikka Masala with Rice		Halal
Meal Choice 2	Beef Lasagne with Fresh Salad		Halal
Meal Choice 3	Beef Lasagne with Fresh Salad		Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad		Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta		Gluten/Dairy Fre
Vegetables	Broccoli and Cauliflower Florets		
Dessert Choice	Chocolate Mousse	Fresh Frui	t and Yoghurts
WEDNESDA'	Y		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip Halal		
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice		Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice		Non Halal
Meal Choice 4	Chickpea and Lentil Curry		Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice		Gluten/Dairy Fre
Vegetables	French Beans and Sweetcorn		
Dessert Choice			t and Yoghurts
THURSDAY			
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa Halal		
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa		Non Halal
Meal Choice 3	Roast Mediterranean Vegatables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa		Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa		Gluten/Dairy Fre
Vegetables	Baby Carrots and Peas	ı	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry Fresh Frui		t and Yoghurts
FRIDAY			
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges		
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges		
Meal Choice 3	Chicken Fillet with Potato Wedges		Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans		Gluten/Dairy Fre
Vegetables	Broccoli and Mushy Peas		
	Chocolate Brownie Tray Bake Fresh Frui		's

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 88.09% which continues to improve week on week.

Form 7EL	94.21%
Form 11MS	94.09%
Form 8AC	94%
Form 8HA	92.42%
Form 7HA	92.38%