

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: <i>Monday 24th January</i>	
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 Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	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	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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 Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
WEDNESDAY		
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 Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
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 Vegetables 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 Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
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 Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	<i>Chocolate Brownie Tray Bake</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 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%