



Year 7 Assembly

On Tuesday 13th September all Year 7 students were invited for a special assembly.

Our Vice Principal and Principal were in attendance and spoke to the students regarding various expectations from them in regards to their attendance, behaviour and learning expectations. Each student was then treated with a Rosedale Hewens Trust goodie bag that consisted of various stationary items and their College planner. The students were very excited to receive the goodie bags.



Asthma Advisory Notice

The Hillingdon Champions of Asthma Team have requested we advise parents, guardians and carers of children who suffer from asthma to ensure their children take their preventative inhalers regularly every day, even if well, as we head towards the middle of September.

This advisory has been published as this time of year normally proves to be the most troublesome time for asthmatics.

PHYSICAL EDUCATION (PE) KIT

As the winter weather arrives, it is vital that your child has the appropriate clothing in order to stay warm/dry when participating in Physical Education (PE).

The following clothing should be worn:

1. Red Hewens Polo Shirt
2. Black Hewens shorts or plain black jogging bottoms
3. Plain black jumper/jacket (no hoodies).
4. Trainers or studs (depending on surface)

As well as this, students who are injured must still bring their PE kit as they can get changed and undertake another role in the lesson.

If your child does not have a PE kit, please provide them with clothing close to what is required and write a note in their planner explaining why.

You can purchase the Hewens PE kit via the iPay cashless system.

Attendance

We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of students and their level of attainment.

Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of college hours.

The expectation of the governing body is that all students will achieve a minimum annual attendance rate of 96%. The only circumstances in which absence from college will be authorized are when your child is too ill to attend or permission for leave of absence, due to exceptional circumstances, has been received from the Principal.

 SEPTEMBER to OCTOBER 2022	
SEPTEMBER	
Monday 19th	Queen's Funeral Bank Holiday
Thursday 29th	Year 7 Open Evening
OCTOBER	
Monday 24th to Friday 28th	Half Term

	Week Commencing: <i>Tuesday 20th September</i> MENU 3
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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>		

Open Evening

On Thursday 29th September, we will be hosting our annual Year 7 Open Evening to all our prospective Year 7 students, providing students and their parents, guardians and carers with the opportunity to discover firsthand what is on offer at Hewens College.

Please visit the College website nearer to the time for finalised information. We also encourage you to read our prospectus and follow our social media channels for an insight into life at Hewens College.