HEWENS COLLEGE
Hewens Road,
Hayes, Middlesex, UB4 8JP

# COLLEGE NEWS

HC0167

FRIDAY 4TH FEBRUARY, 2022

CONTACT US ON | 020 8573 1039 | www.hewenscollege.co.uk | hewenscollege@trhat.org

## Marvellous Motifs at Hewens

This term, Year 8 have been working on a textiles project with a focus on designs from a wide range of cultures. Many countries around the world are known for their traditional textiles with designs unique to their nations of origin. Inspired by this, and in particular, Aztec and Japanese patterns, students created their own bespoke designs with their observations leading to beautiful batik and embroidery samples, adopting the technique of repeating an element or motif in order to create unique decorative pieces that would be practical, yet enjoyed for artistic value.

Throughout this preliminary activity, students were influenced by cultural aesthetic representative of various nations, which gave direction to their final design. They were then introduced to the sewing machine which they will be using in the forthcoming lessons where they will construct a drawstring bag and decorate it with prominent qualities using a variety of textile techniques.

## Year 8 Options Day and Evening

This year, The Rosedale Hewens Academy Trust is excited to announce its Year 8 Options Day and Evening on Tuesday 22nd February, held to support students in choosing their Key Stage 4 options. The day programme will provide Key Stage 3 students with the opportunity to receive specialist advice, guidance and information about how to choose their options. To support this process, a range of activities will take place during the day when the College is in session, including a visit by representatives of the Education Development Trust.

An information evening will be held thereon, from 5:30pm onwards for Key Stage 3 students and their parents, guardians and carers. This will include a formal talk which will provide you with a clear insight as to how Key Stage 4 study is organised and structured, the opportunity to speak to staff about the range of courses available as well as the process of choosing options, and finally, subject area displays providing all the relevant information needed for each student to make an informed decision about their future. Accordingly, students of the MS and HA Alliance, and their families are asked to arrive promptly at 5:30pm to gather information and discuss options with staff, prior to the formal talk at 6:00pm. Students of the TP, EL and AC Alliance, and their families are invited to attend from 6:30pm to view displays and speak with subject teachers, before the talk which begins at 7:00pm.

In order to facilitate the organisation of the evening, all Key Stage 3 students will be dismissed from college at 2:30pm on this day. All other students will finish at the normal time of 4:00pm.

Letters detailing arrangements for this event will be sent to parents, guardians and carers in due course. In the meantime, if you have any questions about this event, please speak to your child's Form Tutor. For additional guidance and support, a dedicated Year 8 Options page will be live on the College website following the event.

## Children's Mental Health Week

The week commencing Monday 7th February 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/page/?title=Mental+Health+and+Wellbeing&pid=42).

## Safer Internet Day

Safer Internet Day will be celebrated globally on Tuesday 8th February, promoting a safer and a more responsible use of digital technology for young people across the world. The internet is a powerful tool with enormous opportunities for learning, enhancing skills and acquiring new abilities and knowledge.

The goal of Safer Internet Day is to raise awareness on online dangers but also to provide protection and empowerment to young people online, and to inspire a national conversation about using technology responsibly, respectfully, critically and creatively.

From gaming and chat, to streaming and video, young people are shaping the interactive entrainment spaces available to them. This year's theme 'All Fun and Games?' will explore respect and relationships online, celebrating the crucial role of young people in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

For more information, please visit (https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022).

## National Apprenticeship Week

This year, National Apprenticeship Week will be the 15th annual week-long celebration of apprenticeships, and will take place between Monday 7th and Sunday 13th February. The week brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships have on individuals, businesses and the wider economy. The theme of 'Build the Future' continues for its second year, reflecting on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.The National Apprenticeship Show highlights apprenticeship opportunities and offers information from the UK's top employers and training providers. Please visit (https://bit.ly/3Aus1Xn) to register for the event which will go live on Wednesday 9th February between 11:00am and 6:00pm, enabling you to chat with exhibitors, watch online video content and download useful online resources. Alternatively, transform your world and seize the opportunity to take part in various events via (https://www.nationalapprenticeshipweek.co.uk/events/).

## International Day of Women and Girls in Science

Friday 11th February marks the International Day of Women and Girls in Science. The day recognises the critical role women and girls play in Science and Technology and focuses on the reality that Science and gender equality are both vital for the development and achievement of ground-breaking research. This day is an opportunity to demolish stereotypes, defy gender biases and defeat discrimination that hold women and girls back in Science, Technology, Engineering and Mathematics (STEM) fields. It is a day to promote full and equal access to and participation in Science for women and girls, and further achieve gender equality and the empowerment of women.

# 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.



## Year 7 Health Questionnaire

The Hillingdon School Nursing Team aims to support the health and well-being of children in Hillingdon, and to ensure that the College community remains healthy, receiving the right support when needed. Parents, guardians and carers of children in Year 7 are asked to complete a brief questionnaire to review their child's health. The questionnaire provides an opportunity to identify any new or on-going health needs your child may have and require additional support with, and enable individual follow-up actions which may be required to support you in ensuring your child remains as healthy as possible.

Please complete the questionnaire by Friday 11th February via [https://bit.ly/3ATxuav]. For more information, please read the letter from The Hillingdon School Nursing Team at [https://bit.ly/3HoRuEc].

## Apprenticeship Opportunities

There are several oppertunities that are now available to our students in terms of apprenticeships. Please visit [https://www.hewenscollege.co.uk/attachments/download.asp?file=162&type=pdf] to read a letter from Alex Burghart, Minister for Skills, for more information.

## Free Self-Defence Class

Love Uxbridge/Uxbridge BID (Business Improvement District) funded police officer PC Rice has joined forces with Simply Gym to offer local men and women, aged 16 and above, a free self-defence class designed to raise general awareness surrounding personal safety and protection. All classes will be held at Simply Gym in Uxbridge, and will be run by the manager who is trained in self-defence, control and restraint. Local police officers will be in attendance after the session to provide crime prevention advice and support. The classes will run on Friday 18th and Saturday 26th February from 10:30am to 12:00pm and attendees are required to book their place in advance by calling 01895 236518, or emailing the team at richard.ross@simplygym.net.

## FEBRUARY to MARCH 2022

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|---|---|
| **FEBRUARY** | |
| Monday 7th to Sunday 13th | Children's Mental Health Week |
| | National Apprenticeship Week |
| Tuesday 8th | Safer Internet Day |
| Friday 11th | International Day of Women and Girls in Science |
| Monday 14th to Friday 18th | Half Term |
| Tuesday 22nd | Year 8 Options Day and Evening |
| **MARCH** | |
| Friday 4th | Coronavirus Booster Jabs |
| **APRIL** | |
| Friday 1st | Spring Term Ends |

**Week Commencing:** *Monday 7th February*

**MENU 1**

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|---|---|---|
| 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 | *Strawberry Ice Cream and Fresh Strawberries* | *Fresh Fruit and Yoghurts* |
| 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 | *Jam Sponge* | *Fresh Fruit and Yoghurts* |
| 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 | *Lemon Tart* | *Fresh Fruit and Yoghurts* |
| 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 | *Strawberry Jelly* | *Fresh Fruit and Yoghurts* |
| 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 | *Fresh Fruit Salad* | *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 88.40%.

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|---|---|
| Form 7EL | 98.83% |
| Form 8HA | 96.7% |
| Form 8AC | 95.06% |
| Form 11MS | 93.96% |
| Form 8EL | 93.92% |