



Open Evening

On Thursday 29th September, we hosted our Open Evening for prospective Year 7 students from across the borough. Due to the hard work of the Hewens Team, the College once again replicated the rounded experience that this occasion provided in previous years. All subjects were showcased with different elements of the College, engaging prospective students and providing them with enriching experiences.

As ever, all Alliances had put on a strong show with their interesting range of games and information they gave to the perspective Year 7 students but it was Ms Wilson and her team of student chefs who stole the show with their delicious displays and tasty food. Our student guides worked effortlessly to ensure that the event was a success, providing visitors with an unparalleled experience with their warm, cheerful and mature manner. We hope to see many of our visiting Year 6s in Year 7 next year!



Urgent Mental Health Support – 24/7 Crisis Lines

Students, young people and their families can access free help, advice and urgent mental health support from 24/7 crisis telephone lines available in every London borough. Every NHS mental health trust in London has put these in place, so students, young people and their families can get help quickly when they need it. Professionals are also able to access these crisis lines if they are concerned about or would like advice about a student, young person or family.

The crisis lines are supported by trained mental health practitioners, who can offer advice and signpost other sources of support as needed.

Please visit the Urgent Mental Health Support section on our college's Mental Health and Wellbeing page via (<https://www.hewenscollege.co.uk/213/mental-health-and-wellbeing>) for a brief information pack with details of these crisis lines as well as other support available.

Walk to School Month

October is International Walk to School Month, helping to embed active travel behaviours within the School community, with an opportunity to be part of a global campaign, encouraging students to walk to school alongside young people in over 40 countries!


Considering the contribution that traffic pollution makes to climate change and the effects it has on wildlife and natural habitats around the world, by walking to school, you can reduce your carbon emissions, supporting natural habitats and animals across the globe.

To keep the momentum going for Walk to School Month, Living Streets has started a new #WALKFORTHEWORLD Social Media Challenge. The prize draw is open to all UK schools and families who have a social media account. Please visit (<https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month>) for details on how to enter.

Student Welfare – Heath Care Plans

If your child has a condition, allergy or illness that requires regular long-term medication/care or requires staff to take urgent action when certain conditions apply, please make immediate contact with your child's Alliance Director.

Arrangements will then be put in place as a matter of priority for a Health Care Plan to be agreed with you and put in place. The plan will detail the level of support that is needed for your child whilst at college.

 OCTOBER 2022	
OCTOBER	
Monday 3rd - Sunday 9th	Ask About Asthma
Friday 7th	Year 9 vaccinations
Monday 24th to Friday 28th	Half Term

 Week Commencing: Monday 10th October MENU 2		
MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Guorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<p><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></p>		

Cashless Catering System

Please note that the College is now operating a cashless catering system. This means that in an attempt to eliminate cash payments, you will now be asked to pay for your child's school meals using our online payment system.

Our online payment facility allows you to pay for your child's school meals directly and securely and provides you with a convenient, safe and verifiable way of making payments. You will have received a letter, outlining the process of this new payment method, including a link for registration. Once activation is complete using the registration link provided, this will then enable you to pay for school meals online.

If you have any queries or wish to discuss our new cashless payment system, please contact the administration office.