

## Jack Petchey 'Speak Out' Workshop

On Friday 7th October 2022, Year 10 English students took part in the annual Jack Petchey 'Speak Out' Workshop. The daylong event saw the students undertake various activities to enhance their confidence to verbally express themselves and build up their public speaking ability. After some warm-ups to get their creative juices flowing, the students then had to think of a topic on which they could speak, without a script, in front of their peers and the facilitator from the Jack Petchey Foundation. At times the session seemed to be more like a stand-up comedy show with the Hewens students speaking on topics that had peers and teachers alike in rapturous laughter. All of the students came on leaps and bounds throughout the session and, by the final activity, produced speeches that were either awe inspiring, emotive or humourous. Notable speeches included Mortaza, Priya, Atena, Milad, Mushkan and Lee who will go on to speak in KS3 assembly in front of a select panel of judges who will determine the individual who will go through to represent Hewens College in the upcoming regional final at Vyners School on December 6th 2022.



## 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 Photograph Orders

The individual student photograph proofs have now been distributed to students to take home. Orders will be limited to online ordering, directly to Fraser Portraits via ([https://orderphotos.co.uk/school\\_downloads](https://orderphotos.co.uk/school_downloads)), or over the phone at **01202 692433**. You will be required to log in with your account details or enter your proof card identification/registration code to be able to make payments.


Orders must be placed by Monday 31st October in order to receive free delivery back to the College. Please note that these will not be delivered until the beginning of November.

Unfortunately, any order received after this date will need to be ordered directly to Fraser Portraits and will incur an additional surcharge of £4.00 per pack. For all orders placed after the deadline date, packs will be sent directly to your home address.

## 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.

 <h1>OCTOBER 2022</h1>	
OCTOBER	
Monday 24th to Friday 28th	Half Term
Monday 31st	Student Photograph Order Deadline

	Week Commencing: <i>Monday 17th October</i>	
	<b>MENU 3</b>	

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	Orange Jelly	Fresh Fruit 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 Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
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	Apple Crumble	Fresh Fruit 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 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	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit 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 Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	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		

## Traffic Congestion outside the College

The necessity for staggered starts at the beginning of the day, along with the two other schools that share the road, means that we have to be extra vigilant about traffic and safety outside the College. Please can we reiterate that no cars are to be parked on the double yellow lines, up on the pavement or on the 'keep clear' areas. Cars should also avoid making U-turns on Hewens Road, as this is leading to congestion in both directions during peak times. We appreciate that these are exceptional times and that many students are not using public transport, and we kindly ask those who must come by car and are unable to walk, to be dropped off at the designated time with no waiting. Complaints have been made, thus, we anticipate that Traffic Enforcement Officers may be deployed. It is essential that we continue to work together in order to keep our community safe. Thank you for your continued support and cooperation.