

Exploring Bhangra

In Music, Year 8 students learnt about Bhangra music and how it has been interweaved with various instruments and production techniques. Adopting the features of this musical fusion, using keyboards, they learnt how to play a distinguished Bhangra song in groups to get accustomed to the experience of performing as part of a band. With their new-found knowledge of this musical phenomenon, students thoroughly enjoyed exploring the origins and culture of Bhangra music as well as its modern popularity.



Hewens vs Rosedale Football Match

On Wednesday 2nd February, a friendly football match took place between the Hewens College and Rosedale College Year 9 teams. Within the first five minutes of the game, both teams tried to stamp their authority on the game. Rosedale College started off as the better team, but it was Hewens College who took the lead halfway through the first half. Both teams had good challenges, but failed to take them in front of goal! It wasn't until the last kick of the first half that Hewens College received a direct free kick on the edge of the box.

The Hewens College captain stepped up. Putting the ball down, he composed himself and rifled the ball into the top right hand corner of the net. At half time, Hewens were up by 2 goals to 0! The second half started and Rosedale College were on fire scoring an early goal, closing the gap, however within minutes, Hewens had replied with another headed goal of their own! Still with plenty of time left on the clock, Rosedale College pushed themselves and managed to gain another goal.

However, the Hewens defence worked really hard to stop any more goals from hitting the back of the net! Ten minutes from the final whistle, Rosedale crossed the ball from the right, with a volley of a ball, however unfortunately hitting the back post.

The final score was 3-2 to Hewens College. Well done to Hewens College boys; what an intense game!



Half Term

Please note that from Monday 14th to Friday 18th February, the College will be closed for the Half Term holiday. If your child has been invited to attend any booster lessons during this week, the details will be communicated to you in a separate letter. College finishes for all students at the normal time on Friday 11th February and commences again at time on Monday 21st February.

Random Acts of Kindness Day

Too often we underestimate the power of a smile and a kind word which have the potential to turn a life around. Thursday 17th February will be celebrated as Random Acts of Kindness Day.

It is a day to encourage acts of kindness and to make it a part of our everyday lives as there is no limit on the amount of goodness we can put into the world.



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.

Care Day

Care Day is the world's largest celebration of the rights, successes and achievements of children and young people with care experience. It will take place this year on Friday 18th February and will be observed under the theme 'It takes a village to raise a child'.

It is celebrated in the hope of creating a world where children and young people who have overcome adversities are proud of themselves, their achievements and look forward to a future of opportunity, equality and equity.



Year 8 Options Day and Evening

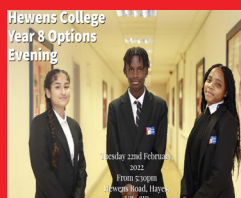
This year, The Rosedale Hewens Academy Trust is excited to announce its Year 8 Options Day and Evening on Tuesday 22nd February, held to support students in choosing their Key Stage 4 options. The day programme will provide Key Stage 3 students with the opportunity to receive specialist advice, guidance 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.

Letters detailing arrangements for this event have been sent to parents, guardians and carers and can be accessed via <https://www.hewenscollege.co.uk/attachments/download.asp?file=166&type=pdf>.

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.



YEAR 8 OPTIONS EVENING

The Year 8 Options Evening will take place on Tuesday 22nd February from **5:30pm**. Please visit <https://trhat.co.uk/promovideos422-hc/> or click on the image on the left, to access our promotional video for an insight into Hewens College.

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Early Dismissal

In order to facilitate the organisation of the Year 8 Options Evening on Tuesday 22nd February, all Year 8 students will be dismissed from college at 2:30pm on this day. Please note, this is a change from what was published last week. All other students will finish at the normal time of 4:00pm.

Launch of New Website

As you may know, we have launched a new website to improve accessibility to our content with education-specific functionality. The website features a consistent and intuitive design to make navigation simple. Some key features include: **Responsive Design** to ensure desktop/mobile compatibility, making it easy to use on all browsers and portable devices, **User Friendly Buttons** to enable you to navigate the site seamlessly, **Red Banners** to alert you to crucial information which require urgent attention, **Powerful Communication Software** to improve communication, and much more. Please visit (<https://www.hewenscollege.co.uk>) for full access to our new website.

New Facebook Account

We have now set up a new Facebook account where we will be posting important updates, academic achievements and notable events for all to view. Please follow **The Rosedale Hewens Academy Trust** via (<https://www.facebook.com/T.R.H.AcademyTrust>) to stay connected, gain new insights and to avoid missing out on any exciting content posted in the upcoming weeks. Please remember to like and share the posts! Thank you for your continued support.



FEBRUARY to APRIL 2022

FEBRUARY

Thursday 17th Random Acts of Kindness Day

Friday 18th Care Day

Monday 14th to Friday 18th Half Term

Tuesday 22nd 5.30pm Year 8 Options Evening

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

	Week Commencing: <i>Monday 21st February</i>
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	Quorn 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
<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 88.69%.

Form 10MS	95.53%
Form 8AC	95.56%
Form 7EL	95.26%
Form 7MS	93.09%
Form 9TP	92.31%