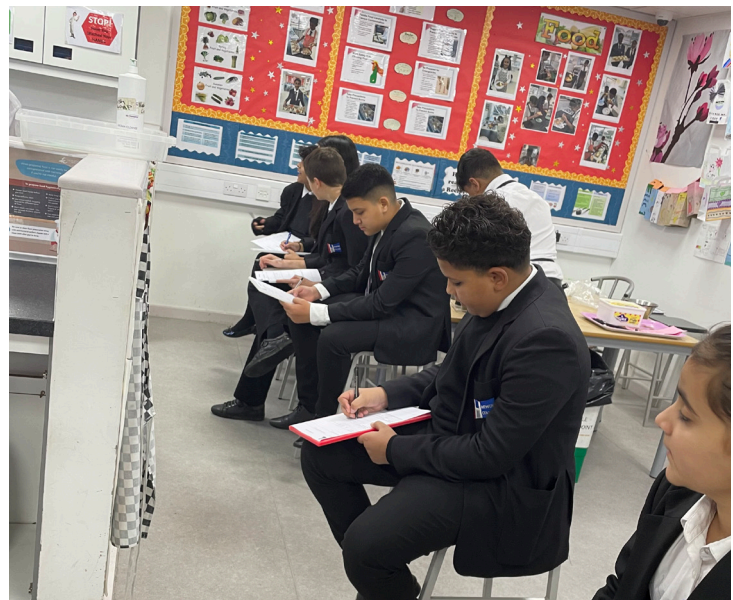


Peer Observations - Food Tech

Students have been observing their peers in practical lessons to offer guidance and support on what they do. This also helps our EAL students learn new terminology while observing what their peers are saying and linking this to food and equipment. They give positive and constructive feedback which helps them understand how they can manage their time better. Students can then become more aware of what tasks they should do first to manage their time. The students will also become even more familiar with the possibilities of cross contamination, along with Health and Safety. Every student gets to be an observer, which also supports improving their reading and writing skills in their food lessons.



New Website!

Our BRAND NEW website is NOW LIVE!

Visit our website via your mobile device or desktop to navigate through our new features such as quick links to our virtual tour, social media pages, ipayimpact payment portal, Newsletters, latest news and many more!

We look forward to continuing to share the latest college news with you via our website, so please keep a lookout each week for any updates! We hope you enjoy your virtual experience as you explore the window to our college.

<https://www.hewenscollege.co.uk>



Explore Our New Website!
WWW.HEWENSCOLLEGE.CO.UK

ROSEDALE AWARD
HEWENS COLLEGE
LPPA LEADING PARENT PARTNERSHIP AWARD
Operation Encompass
IHG HOTELS & RESORTS

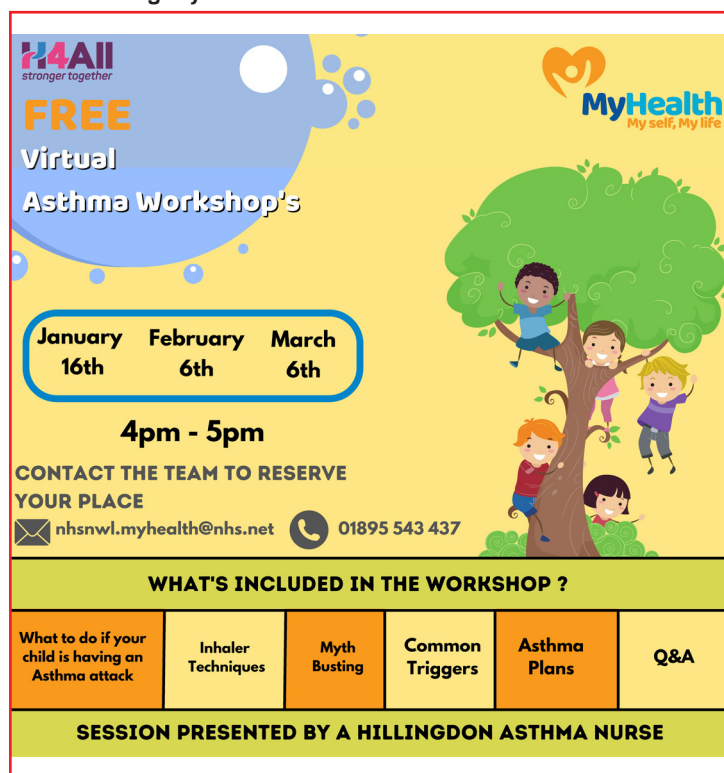
FREE Asthma Workshop

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is asthma attacks, asthma triggers, in techniques and asthma action plans.

The workshops are run online via ZOOM from 4:00pm to 5:00pm and you can register your FREE place here: <https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>

They are taking place on January 16th, February 6th and March 6th.

You can also contact the MyHealth team on tel: **01895 543 437** or nhsnwlcg.myhealth@nhs.net



H4All
stronger together

FREE
Virtual
Asthma Workshops

January 16th February 6th March 6th

4pm - 5pm

CONTACT THE TEAM TO RESERVE YOUR PLACE
nhsnwlcg.myhealth@nhs.net 01895 543 437


WHAT'S INCLUDED IN THE WORKSHOP ?

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
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SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE

iPayimpact Account Reminder

Please be reminded to check your child's iPay account and ensure it is topped up with sufficient funds so that your child is able to order lunch and purchase food and drink items at break times

 <h1>January - February 2023</h1>	
January	
Monday 16th	Asthma Workshop
February	
Monday 13th to Friday 17th	Half term Break

	Week Commencing: Monday 16th January MENU 1	
	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
<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>		

Mobile Telephones

Whilst the College accepts that some parents, guardians and carers wish their child to carry a mobile telephone for reasons of personal safety as they travel to and from college, they must remain switched off and kept out of sight during the College Day. It is the policy of the College for all Key Stage 3 students to hand their mobile telephones to their form tutors at the beginning of each day.

The telephones are then securely stored until the end of the day when they are returned to the students. Please note that the College will not accept liability for the safe keeping of a mobile phone; it will remain the responsibility of the student at all times. Use of a mobile phone during college hours will lead to sanctions being imposed, up to and including confiscation.