

Diversity Org

Diversity Org came to Hewens College to speak to our students about their future career options. Diversity Org is a global non-profit organisation with the aim and purpose of providing networking opportunities for students who may be disenfranchised in their prospects, giving them access to information about corporate, high-income careers.

Diversity Org act as a mediator between minority underrepresented students and multi-billion-dollar companies in 3 distinct ways:

- 1 - Assemblies - to teach how to obtain high-income jobs and fulfilling careers.
- 2 - Workshops - to teach students social and professional development.
- 3 - Apprenticeships - to connect students with corporate partners as interns, apprentices, and entry-level employees.



The Diversity Org are currently in partnership with the following companies:

- Warner Media (HBO, CNN, Cartoon Network, DC Comics),
- Versace,
- Michael Kors,
- Jimmy Choo,
- JPMorgan Chase (Chase Bank),
- Verizon,
- Blackstone,
- Viacom (MTV, BET, VH1, Paramount Pictures)
- Peloton and more

Overall, through each of these methods, Diversity Org seek to enrich the students personally and professionally by giving knowledge on, and granting access to, networking experiences and opportunities which would have otherwise been inaccessible.

Delivering these assemblies to all groups in-person is one way in which Diversity Org try to communicate that these companies are within reach




FREE Asthma Workshop! - Instagram

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 by visiting our websites.

They are taking place on February 6th and March 6th.

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

Central and North West London 
NHS Foundation Trust

ASTHMA NEWSLETTER

Spring 2023

ASTHMA INFORMATION
Your School Nurse can be contacted to provide information and guidance on the following:

- Developing your asthma policy.
- Ongoing support with asthma.
- Whole school training.
- Raising concerns about children's asthma control.

REMEMBER!
Complete and email asthma monthly return forms, helping to identify children who need extra support to control their asthma! Email the forms to: thh-tr paedasthma@nhs.net

DON'T FORGET!
Get your whole school training booked. This is an annual requirement - 85% of staff must attend.

Book to do your asthma audit with your school nurse - this helps your school achieve asthma friendly status!

NAME	SCHOOL	CONTACT NO.	EMAIL
Theresa Youngman Asthma Liaison Nurse	Hayes and Harlington	01895 488050	csw-tr.sehillingdon@nhs.net
Faye Mitchell Asthma Liaison Nurse	Uxbridge & West Drayton	01895 485062	csw-tr.sehillingdon@nhs.net
Ceara McDonald Asthma Liaison Nurse	Eastcott, Ruislip, Harefield Ickenham, Northwood	01895 488699	csw-tr.sehillingdon@nhs.net

Emergency inhaler kits:

- They must contain 2 inhalers and 2 spacers. Once the inhaler is used, throw this away. Once a spacer is used this can go home with the child.
- Copy of the emergency plan.
- Monthly checks record.
- List of asthmatics who are permitted to use the inhaler.

Consider how many kits are needed in your school and ensure staff know where these kits are!


Cold weather & asthma

- Cold air is dry, which irritates the airways. It can also make your body produce more mucus, which can make asthma feel worse.
- A lightweight scarf wrapped loosely around the nose and mouth can help when outside. This warms the air breathed in, so it's less likely to irritate the airways.

ACHIEVE ASTHMA FRIENDLY STATUS:

- Named Asthma lead and Asthma Champion.
- Asthma Champion to attend annual update.
- Register of all known Asthmatics.
- Has a clear Asthma Policy.
- Allows easy access to inhalers.
- Annual whole school staff training.
- Displays emergency plan around the school.
- Emergency Kits
- Annual Asthma audit completed.
- Monthly asthma form.

Preventer inhalers build up asthma protection over time



ASTHMA ATTACK

Signs of worsening coughing, shortness of breath, treatment given, reliever inhaled, 2 puffs, 4 puffs, 6 puffs, 8 puffs, 10 puffs, 12 puffs, 14 puffs, 16 puffs, 18 puffs, 20 puffs, 22 puffs, 24 puffs, 26 puffs, 28 puffs, 30 puffs, 32 puffs, 34 puffs, 36 puffs, 38 puffs, 40 puffs, 42 puffs, 44 puffs, 46 puffs, 48 puffs, 50 puffs, 52 puffs, 54 puffs, 56 puffs, 58 puffs, 60 puffs, 62 puffs, 64 puffs, 66 puffs, 68 puffs, 70 puffs, 72 puffs, 74 puffs, 76 puffs, 78 puffs, 80 puffs, 82 puffs, 84 puffs, 86 puffs, 88 puffs, 90 puffs, 92 puffs, 94 puffs, 96 puffs, 98 puffs, 100 puffs.


IF NO OR MINIMAL EFFECT
Call 999 or 111 for advice or go to hospital immediately.

Please ensure you have the emergency plan around the school - contact your school nurse if you would like more.

Year 11 Exam Success Evening

GCSE exams are fast approaching, and we are delighted to invite parents, carers and guardians along with students to a Year 11 Exam Success evening on Wednesday 8th February. This is for all Year 11 students as we want to ensure all students reach and aim to exceed their potential.

The objective of the evening is to provide a platform for us all to work together to ensure that your child has the best possible chance of achieving in all their GCSE's and to get you an opportunity for you to continue to support your child's academic success. Every 11 student must be present to ensure that the meetings are meaningful to all involved

 <h2 style="text-align: center;">February 2023</h2>	
February	
Monday 13th to Friday 17th	Half term Break
Monday 6th	Asthma Workshop
Wednesday 8th	Year 11 Exam Success Evening

	<p>Week Commencing: Monday 30th January</p> <p style="text-align: center;">MENU 3</p>
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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
<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>		

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.