



#### FRIDAY 3RD FEBRUARY 2023

CONTACT US ON

C

020 8573 1039



www.hewenscollege.co.uk



hewenscollege@trhat.org

## Vegan Meatballs

Over the weeks students in Year 8 have been looking and experimenting with alternative foods for meat. Vegan meatballs were on the menu and to the surprise of the students they were very taken to the non-meat foods! Making a very tasteful sauce to go with it from fresh ingredients really gave them an insight to home cooking, using mushrooms to add flavour to the sauce. Getting the basics right in the classroom really allowed the students to see that the simplest of recipe can be made at home. Students had a great time cooking and enjoyed tasting their creations too.









# **Sports Hall Athletics**

Year 7 and 8's represented Hewens College in the South Borough Qualifiers for Sports Hall Athletics. Year 7 boys (Sriwin and Shelem) finished in 4th position and Year 7 girls (Fathima, Annabelle, Sozee and Jaskirat) and Year 8 girls (Hafsa, Tahirah and Ayesha finished in 5th place. The Year 8 boys (Lesah, Mohammad, Hamdi and Karol) finished in 4th place. All students showcased great individual performances throughout the afternoon. Well done to all the students who participated.

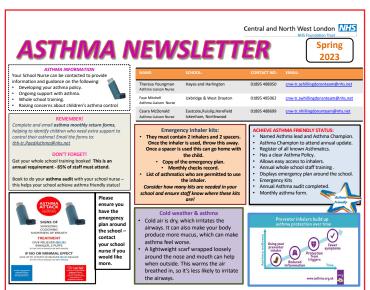
### FREE Asthma Workshop! - Instagram

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 nhsnwlccg.myhealth@nhs.net



#### 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

Febr	uary 2023		
February			
Monday 13th to Friday 17th	Half term Break		
Monday 6th	Asthma Workshop		
Wednesday 8th	Year 11 Exam Success Evening		



Week Commencing: Monday 6th February

MENU 4

MONDAY			
Meal Choice 1	Beef Lasagne with Fresh Salad		Halal
Meal Choice 2	Spaghetti Bolognese		Halal
Meal Choice 3	Spaghetti Bolognese		Non Halal
Meal Choice 4	Mediterranean Pasta Bake		Vegetarian
Meal Choice 5	e 5 Bolognese with Gluten free Pasta		Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets		
Dessert Choice	Choice Raspberry Jelly Fresh		Fruit and Yoghurts
TUESDAY			
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy		Halal
Meal Choice 2	Beef Tikka Masala with Rice		Halal
Meal Choice 3	Beef Tikka Masala with Rice		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	Jam and Coconut Sponge	Fresh	Fruit and Yoghurts
WEDNESDA	Y		
Meal Choice 1	Chicken New Yorker with Jacket Potato		Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry		Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry		Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles		Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry		Gluten/Dairy Fre
Vegetables	Sweetcorn and Green Beans		
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh	Fruit and Yoghurts
THURSDAY			
Meal Choice 1	Mexican Chilli Mince Wraps		Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy		Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy		Non Halal
Meal Choice 4	Cheese and Onion Tart		Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy		Gluten/Dairy Free
Vegetables	Peas and White Cabbage		
Dessert Choice	Chocolate Sponge	Fresh	Fruit and Yoghurts
FRIDAY			
Meal Choice 1	Fish Cakes with Potato Wedges		
Meal Choice 2	Fish Fingers with Potato Wedges		
Meal Choice 3	Macaroni Cheese		Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans		Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower		

# Available Support Services - Kooth

Kooth is an anonymous, safe, confidential and non-stigmatised way for young people aged between 11 and 25 to receive counselling, advice and support online. During this difficult time, it is a necessity to provide young people with as much mental health and wellbeing support as possible, thus Kooth works alongside various mental health and local services to provide a fully integrated service to best support young people free of charge. Please visit <a href="https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home">https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home</a> for further information.