



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 nhsnwlcg.myhealth@nhs.net

ASTHMA NEWSLETTER

Spring 2023

Central and North West London NHS Foundation Trust

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	cmw-tr.sehillingdonsteam@nhs.net
Faye Mitchell Asthma Liaison Nurse	Uxbridge & West Drayton	01895 485062	cmw-tr.sehillingdonsteam@nhs.net
Ceara McDonald Asthma Liaison Nurse	Eastcote, Ruislip, Harefield Ickenham, Northwood	01895 488699	cmw-tr.sehillingdonsteam@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!

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.

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.

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="font-size: 2em; margin: 0;">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 6th February</p> <h2 style="margin: 0;">MENU 4</h2>
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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	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert 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
WEDNESDAY		
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 Free
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	
Dessert Choice	Custard Tart	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		

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 <https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home> for further information.