



FRIDAY 10TH FEBRUARY 2023

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Year 7 Football Tournament

On Monday 7th February our Year 7 boys participated in a 7 aside football tournament at Uxbridge High School. This was their first opportunity to experience a sporting event away from Hewens College. Students were very excited to play away for the first time. Despite the boys putting up a brilliant display, unfortunately they just fell short. Overall, it was great experience for our boys which will definitely stand them in good stead for future sporting fixtures.



Poetry Live

On Friday 3rd February, fifty Year 11 students had the opportunity to go to the Emmanuel Centre in Westminster, Central London, to go to the GCSE Poetry Live 2023 event. Taking the stage over the course of the day included poets that the students have studied for the last two years in the lead up to their GCSE examinations. Current and former Poet Laureates, Simon Armitage and Carol Ann Duffy, Imtiaz Dharker and the enigmatic John Agard, along with various other well renowned poets in the AQA syllabus. Each poet performed their poem that features in the AQA Anthology and went on to explain the motives behind the work and answer some of the audience's questions. This event proved invaluable for the students in gaining an additional understanding of the poems they study for their exams direct from the poets themselves







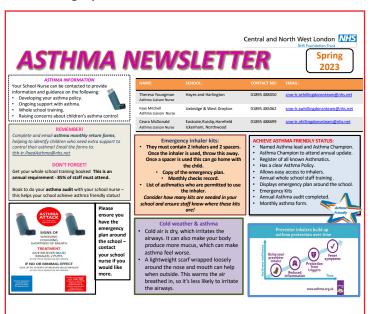
FREE Asthma Workshop! - Instagram

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 March 6th.

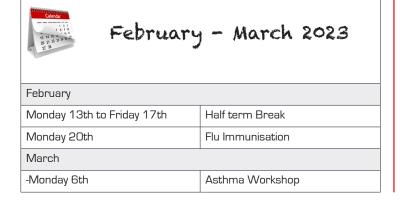
You can also contact the MyHealth team on tel: **01895 543 437** or nhsnwlccg.myhealth@nhs.net



Flu Immunisation

On Monday 20th February, the NHS Immunisation Team will carry out the Nasal Flu Immunisation to our students in Years 7, 8 and 9. Consent forms and further information with regard to this has been sent home.

The consent forms should be completed online following the link https://app.schoolscreener.com/Portal/#/CNWLLon/imms/cnwl12/137078. The immunisations will only be carried out on students who have parental completed online.





Week Commencing: Monday 20th February

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
WEDNESDA	Y		
Meal Choice 1	Tuna Pasta Bake		
Meal Choice 2	oice 2 Chicken Tikka Masala with Rice		Halal
Meal Choice 3	al Choice 3 Chicken Tikka Masala with Rice		Non Halal
Meal Choice 4	nice 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		
	Fresh Fruit Salad Fresh		

Half Term Booster Classes

In order to give students every opportunity for success, some students have been invited to attend college during half term for booster classes. All students are now aware of the arrangements and letters have been sent home to parents, guardians and carers to confirm the timetable. However, if you have any questions or require any further information, please do not hesitate to contact the College reception on **0208 573 1039**.