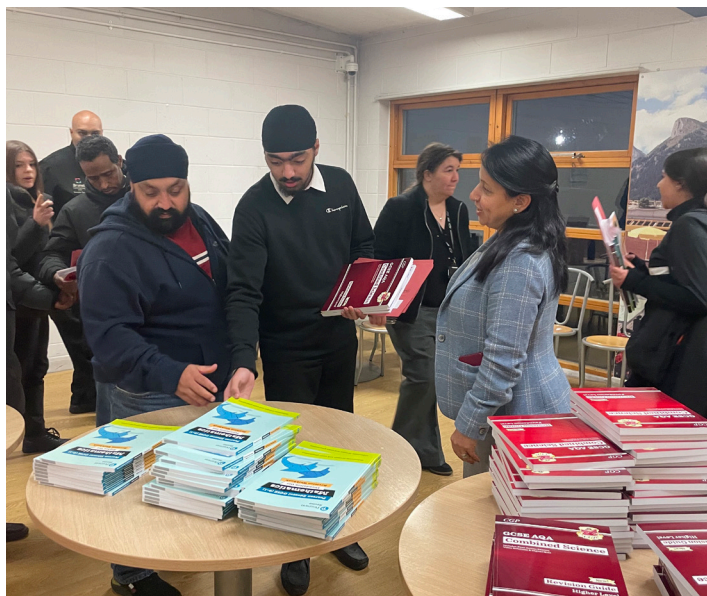


## GCSE Success Evening


Hewens College organised a successful GCSE success evening where we welcomed Year 11 students and their parents, guardians and carers to give them top tips on how to revise for their upcoming GCSE examinations. The session also provided them with some valuable revision resources. The evening was well attended by students with positive mindsets to reach their full potential; we are sure with some solid hard work they will reach that. Good luck!





## Leading Parent Partnership Award (LPPA)

Hewens College continues to work towards its LPPA reaccreditation, building on its existing work with parents, guardians and carers. If you would like to be part of our LPPA working party or would like to give us some feedback about the different ways in which we communicate with parents, guardians and carers, please let us know via reception.



**Leading Parent Partnership Award (LPPA)**

The college continues to work towards its LPPA reaccreditation. Our coordinator is Stuart Botham. Please be on the look-out for updates about our LPPA journey!




## Social Media Mental Health

What Parents & Carers Need to Know about

# SOCIAL MEDIA & MENTAL HEALTH

An estimated one - third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't ok... and knowing what to do about content that upsets them.


[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/natonlinesafety)

[@natonlinesafety](https://instagram.com/natonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022




Visit our college website to download the free Social Media and Mental Health Poster!

## Absence Reporting

In the event of your child being unable to attend college, please contact the main reception on 0208 573 1039 before 8:45am. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent. The only exception to this is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital. The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college.

	<b>Week Commencing: Monday 6th March</b> <b>MENU 3</b>
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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
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		

	<h2>March 2023</h2>
March	
Monday 6th	Asthma Workshop
Monday 6th - Friday 17th	GCSE Mock Examination