

## Science Lab Experience

Pupils from Brookside Primary School visited Hewens College to have a taste of secondary school life. They took part in chromatography experiments to separate colours from a mixture in our newly refurbished Science laboratories. All students had a great experience and have been enthused by their science learning.



## Careers Advice - Year 8

Year 8 had an eventful week where they were learning about future option choices for their GCSEs. Students met with various industry experts to explore different options for their future. We welcomed Melanie Kindley-Deeks, a Careers Adviser at the Education Development Trust, who delivered a session on making choices for the future. The highlight of the day was the invaluable advice given by industry experts, who ranged from a prison officer, nursery workers, prospective professional rugby players, and an event manager to name but a few. Students really enjoyed their interactions and received some insightful advice and information to help them make their choices.







## London Youth Games

On Friday 3rd March, seven of our students from Year 7 to Year 10 represented Hillingdon Borough at the London Youth Games indoor rowing event, at the Copper Box Arena. They performed very well with finishing positions ranging from 10th to 5th. A special mention goes to Ashenafi Zewdu (8EL) who finished 2nd place in the Year 8 event where he received a silver medal. All students behaved impeccably and were a credit to the college.

## 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.

## Academic Review

Academic Review appointments are currently being organised for students in Year 7, 8, 9 and 10 on Monday 17th April. A separate communication to confirm these appointments will be sent out to parents, guardians and carers in due course.


If you have any concerns in regard to your appointment, please contact your child's form tutor via the College reception

## 'Free School Meals' (FSM) Entitlement

'Free School Meals' is a statutory means-tested benefit, which provides a child with meals at school or college for free. If you believe you may be entitled to this benefit for your child, please attend the College reception and request an application form.

The member of staff on reception will be able to advise any parents, guardians or carers who are unfamiliar with the process for claiming 'Free School Meals'.

Please note that parents, guardians and carers must reapply each year for this benefit.

 <h2>March - April 2023</h2>	
<b>MARCH</b>	
Wednesday 29th	Curriculum Clinic
<b>APRIL</b>	
Monday 3rd - Friday 14th	Term Holidays
Monday 17th	Academic review

	Week Commencing: Monday 20th March	
	<b>MENU 1</b>	

<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 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
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
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	
Dessert Choice	Fresh Fruit Salad	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		

## Emergency Contact Details

In the best interest of your child's wellbeing whilst at college, it is vitally important, that in the event of an emergency, we are able to make contact with you or another emergency contact, as quickly as possible. To this end, we would like to remind all parents, guardians and carers to keep your contact details updated with the College and to ensure that you provide up-to-date details of at least two other emergency contacts for your child. Thank you