HEWENS COLLEGE
Hewens Road,
Hayes, Middlesex, UB4 8JP

COLLEGE NEWS

HC0212

FRIDAY 24TH MARCH, 2023

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Army Visit

On Monday 20th March 2023, we had the pleasure of welcoming three Army Soldiers to Hewens College. Years 7, 8 and 9 took part in a STEM project where they worked in teams to build a catapult from different materials and then fire a tennis ball, measuring its distance. Students were engaged very well throughout the session and thoroughly enjoyed the experience. Every group collaborated well and displayed our college values in the correct way.

No Smoking, Vaping and Use of Electronic Cigarettes

Smoking constitutes a fire risk and is a proven hazard to our health. Although harmful to all, passive smoking is particularly dangerous for babies and children. Parents, guardians and carers are reminded that smoking, vaping and use of electronic cigarettes is strictly prohibited on the College grounds and is not permitted outside the College gates. Please support us in our duty of care for your child by ensuring that you adhere to our 'No Smoking' policy. Thank you.

The Ben Kinsella Trust Learning Zone - *Knife Crime*

Visit The Ben Kinsella Trust Learning Zone for free online lessons, useful downloads and videos to educate yourself on knife crime. Download the app to try the Knife-Wise quiz to test how much you know about knife crime! Do you really know what the consequences are of making a bad decision? Challenge your friends to see who is knife wise. Remember knowing the facts about knife crime could help save your life.https://learningzone.benkinsella.org.uk/?_ga=2.174346848.397348238.1679310531-1219206.1678981516

March - April 2023

MARCH	
Monday 27th	World Theatre Day
Wednesday 29th	Carriculum Clinic
APRIL	
Monday 3rd - Friday 14th	Term Holidays
Monday 17th	Academic review

Week Commencing: *Monday 27th March*

MENU 2

MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	**Halal**
Meal Choice 2	Beef Meatball Pasta Bake	**Halal**
Meal Choice 3	Beef Meatball Pasta Bake	**Non Halal**
Meal Choice 4	Potato and Cheese Bake	**Vegetarian**
Meal Choice 5	Meatballs with Gluten free Pasta	**Gluten/Dairy Free**
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	*Strawberry Mousse with Fresh Strawberries*	*Fresh Fruit and Yoghurts*
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	**Halal**
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	**Halal**
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	**Non Halal**
Meal Choice 4	Creamy Pasta Bake	**Vegetarian**
Meal Choice 5	Lamb Patty with Rice	**Gluten/Dairy Free**
Vegetables	Peas and White Cabbage	
Dessert Choice	*Chocolate Sponge*	*Fresh Fruit and Yoghurts*
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	**Halal**
Meal Choice 2	Chicken Carbonara with Spaghetti	**Halal**
Meal Choice 3	Chicken Carbonara with Spaghetti	**Non Halal**
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	**Vegetarian**
Meal Choice 5	Baked Jacket Potato with Salad and Beans	**Gluten/Dairy Free**
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	*Fruit Tarts*	*Fresh Fruit and Yoghurts*
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	**Halal**
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	**Non Halal**
Meal Choice 3	Vegetable Tart	**Vegetarian**
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	**Gluten/Dairy Free**
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	*Vanilla Cheesecake*	*Fresh Fruit and Yoghurts*
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	**Halal**
Meal Choice 3	Vegetable and Cheese Pasta Bake	**Vegetarian**
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	**Gluten/Dairy Free**
Vegetables	Peas and Sweetcorn	
Dessert Choice	*Apple Pie*	*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

Free School Meals

'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.