

Year 9 Netball

The Year 9 Girls Netball team enjoyed a friendly fixture on Thursday 17th March against Rosedale College. Paviter Pannu stepped up to the plate as captain and the game started off with all seven players raring to go. With a strong determination to win and a proficient defensive formation, the girls continued to successfully feed the ball through to each other in a bid to score. Atina was solid in the centre position and together with Mushkan, Sourour and Priya, proceeded with supreme concentration, against a very tough opposition.

The whole game was very dynamic and our girls showcased their understanding of the drills, improving their agility and defence. The team played exceptionally well and demonstrated good sportsmanship, equipping themselves for a rematch in future.



Year 11 Prom – Payment Issue Resolved

For those who have attempted to make payments for this year's Year 11 Prom, unfortunately, there was a technical issue with our payment system and as a result, you may have not been able to proceed with your payment.

We can confirm that this has now been resolved and payments will now be processed as normal. In light of this issue, we have extended the deadline date for which reply slips must be returned by to Monday 25th April.

Please note, full payment must also be made by this date. For more information about the prom and for access to the permission slip, please visit <https://www.hewenscollege.co.uk/news-and-events/news-and-events/year-11-prom>. The countdown continues... only three months to go!

International Dance Day

International Dance Day is celebrated as a global celebration of the art form 'dance'. It will be observed this year on Friday 29th April with the goal to encourage participation and education in dance, whilst recognising it as a fundamental means of human expression. The Dee Jay Performing Arts (DJPA) School continues to inspire in students a love for dancing and performing and encourages all to reach their full potential whilst maintaining the sheer delight of dance. Please note, all classes are based in the Performing Arts Studio. For more information, please visit <https://www.hewenscollege.co.uk/news-and-events/dee-jay-performing-arts>.

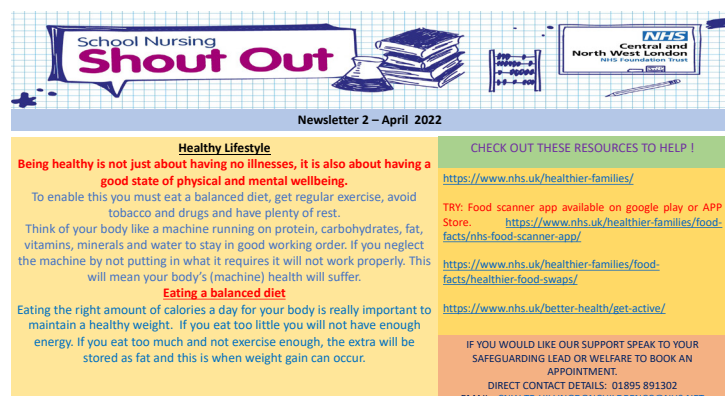
Early May Bank Holiday

Please note that Monday 2nd May is the Early May Bank Holiday therefore the College will be closed. College will resume at the normal time of 8:45am on Tuesday 3rd May. Thank you.

College Drop Off And Collection

Please can we remind parents, guardians and carers not to block the pavements outside or opposite the College as on occasions, our students and other pedestrians have had to walk on the road as a consequence, which is very dangerous. We appreciate that these are exceptional times in terms of managing access to the schools, however please can we request all parents, guardians and carers to be mindful of others when dropping and collecting children. Thank you.

School Nursing



School Nursing Shout Out
Newsletter 2 – April 2022

Healthy Lifestyle
Being healthy is not just about having no illnesses, it is also about having a good state of physical and mental wellbeing.

To enable this you must eat a balanced diet, get regular exercise, avoid tobacco and drugs and have plenty of rest.

Think of your body like a machine running on protein, carbohydrates, fat, vitamins, minerals and water to stay in good working order. If you neglect the machine by not putting in what it requires it will not work properly. This will mean your body's (machine) health will suffer.

Eating a balanced diet
Eating the right amount of calories a day for your body is really important to maintain a healthy weight. If you eat too little you will not have enough energy. If you eat too much and not exercise enough, the extra will be stored as fat and this is when weight gain can occur.

CHECK OUT THESE RESOURCES TO HELP!

<https://www.nhs.uk/healthier-families/>

TRY: Food scanner app available on google play or APP Store. <https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>

<https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>

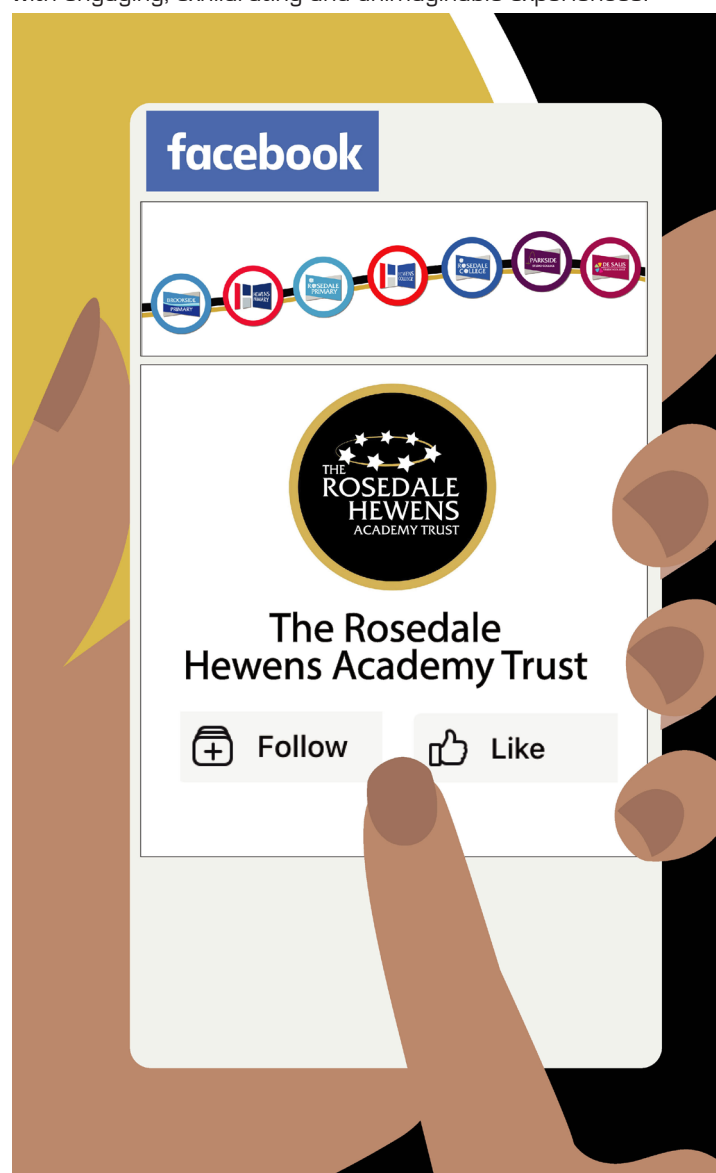
<https://www.nhs.uk/better-health/get-active/>

IF YOU WOULD LIKE OUR SUPPORT SPEAK TO YOUR SAFEGUARDING LEAD OR WELFARE TO BOOK AN APPOINTMENT.
DIRECT CONTACT DETAILS: 01895 891302
EMAIL: CWW-TR.HILINGDONCHILDRENC@NHS.NET

Please click on the image above to view

Facebook – Stay Connected

Please follow **The Rosedale Hewens Academy Trust** on Facebook via <https://www.facebook.com/T.R.H.AcademyTrust> to stay up to date with the exciting content we post each week and brace yourselves for many more memorable snapshots encapsulating the valuable opportunities offered at the Trust, providing students with engaging, exhilarating and unimaginable experiences!



College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits. Should there be an opportunity for the College to host an internal event or facilitate a VIP (very important person) visit, it is essential that students continue to project a positive image of the College. As such, all students are required to wear full college uniform in order to participate in special events.

YEAR 11 PROM

The countdown continues... Only three months to go until the long-awaited Year 11 Prom! So, prepare for this 'rite of passage' by picking out your corsages or boutonnieres to ensure a truly magical night to remember for years to come. This is an opportunity not to be missed so please confirm your attendance promptly to enjoy your last hurrah as a 'Key Stage' student.

For a video montage of our Year 11 Prom in 2019, please visit (<https://youtu.be/Qz9TUWwzWXO>).

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French Speaking Examinations

The timetable for the French Speaking Examinations for all Year 11 students has now been published. Examinations will take place on Tuesday 26th and Thursday 28th April at Rowensbrook.

It is of vital importance that each Year 11 student attends college fully prepared for each examination, and at least 30 minutes before it is scheduled to commence. Students are required to attend all examinations in full college uniform and with the required equipment. The use of mobile telephones and other electronic devices are NOT PERMITTED in the examination hall. Therefore it is requested that students do not bring these items to college when they have an examination. If students do need to have any such devices with them, they must hand them to the invigilation staff at the start of each examination. Failure to do so may result in disqualification from the examination.

Students must attend the examination(s) for which they have been entered. In the event of illness or an emergency situation that prevents your child attending or means your child will be late, please make contact with the College as soon as possible so that appropriate advice can be given and arrangements put in place. Please note that your child's final examination grade will be adversely affected if he/she fails to attend a scheduled examination.

Photography and Videography

A letter was distributed regarding the use of photography and videography by the Trust and external parties for the purpose of internal and external advertising.

Should any parent, guardian or carer object to the above, please fill out the Permission Form via (<https://trhat.co.uk/opt-out-form/>).

 <h1>APRIL to JULY 2022</h1>	
APRIL	
Monday 25th	Deadline to Return Prom Reply Slip
Tuesday 26th	French Foundation Speaking Examination
Thursday 28th	French Higher Speaking Examination
Friday 29th	International Dance Day
MAY	
Monday 2nd	Bank Holiday
Thursday 5th	Heritage Language Speaking Examination
Monday 30th May to Friday 3rd June	Half Term
JULY	
Friday 15th	Year 11 Prom
Tuesday 19th	Summer Term Ends

		Week Commencing: Monday 25th April 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
WEDNESDAY		
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
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	
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts
<i>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</i>		

Public Examinations – Summer 2022

The summer examinations for GCSEs, AS and A Levels will resume this year for the first time since the coronavirus pandemic. Ofqual and the Department for Education (DfE) recognise the difficulties students may have faced during this time and have made necessary changes to this year's arrangements to support students. Examination boards have published advance information for examinations in most subjects, giving an overview of the support being provided for each qualification for students taking their GCSEs, AS and A Levels this year. Please visit (<https://www.gov.uk/guidance/subject-by-subject-support-for-gcse-as-and-a-level-students-in-2022>) for further details. We have updated our Public Examinations page with this information. Please visit (<https://www.hewenscollege.co.uk/curriculum/public-examinations>) where you will also have access to a number of useful resources for students, parents, guardians and carers about revision tips, study skills and managing examination stress.