HEWENS COLLEGE

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COLLEGE NEWS

HC0217

FRIDAY 12TH MAY, 2023

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Pizza Dough

Year 8 have been working on kneading, stretching and rolling out pizza dough in their Food Technology lessons, as part of their learning about Italian cuisine. They learnt about the science of food and how yeast can change the dough as it creates carbon dioxide that makes air pockets and helps the dough to rise. During the baking process it then kills off the yeast. This gives a good fluffy dough. The delight in creating their own fresh pizza made the lesson even more exciting for them. Each student then tried a hand in throwing the pizza dough in the air to help stretch it out. Using fresh ingredients on top, students could see the benefits of making their own pizza to what they could buy ready made, as being cost effective and with more nutritional value.

STEM Trip – Brunel university

Year 10 students visited Brunel University's STEM (Science, Technology, Engineering and Mathematics) department. The students actively participated in activities to identify the process, design, and principles of any engineering projects. They took part in three workshops: building bridges, building Model cars and coding. They learnt and identified types of bridges and then built them from chocolate and tested them for strength. Secondly, they built cars from simple materials and tested the impact of the design on how far cars travelled. Finally, they experimented with coding and programming. The day concluded by watching space exploration, spacecraft and the experience of astronomers on a 3D screen. Well done to all our students who conduct themselves very well.

Public Health - *Cases of Measles in Hillingdon*

The local Public Health team has informed us that there has been a recent increase in the number of cases of Measles in Hillingdon. Please take a look at our website to read the letter from the Director of Public Health England, and for more information. Hewens College: https://www.hewenscollege.co.uk/latest-news/public-health-cases-of-measles-in-hillingdon

Navigating Exam Season

Exam season can be a challenging time for young people. Many feel stressed in the lead-up to their exams and worried in anticipation of their results. As adults, it can be difficult to know what we can do to support children and young people during this time. Place 2 Be have created some tip sheets full of practical advice to help young people, schools and families manage stress during exam season.Click the link or download the documents below for advice on managing stress in the lead-up to and during exams.

https://www.hewenscollege.co.uk/latest-news/navigating-exam-season

Year 11 Prom - *Friday 14th July*

Owing to its huge demand in previous years, we would like to remind students to confirm their attendance and secure their places promptly for the Year 11 Prom, taking place at Q Vardis on Friday 14th July 2023. This is a great opportunity for students to celebrate the culmination of their Year 11 experience, as they will look back and remember this milestone event for the rest of their lives. This year's lavish affair, where attention to detail will be paramount, will see our 2023 Leavers cohort creating extraordinary memories that will last a lifetime. We have a number of exciting events lined up for the evening; so, get your tickets and experience your one and only Prom in the most extraordinary way! Tickets are now available to purchase via iPayimpact. Please purchase your tickets by Friday 9th June 2023.

May 2023

May	
Monday 15th	GCSE Examination begin
Monday 24th	Yr 8 BBQ

Week Commencing: *Monday 15th May*

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

Good Luck!

Good luck to all our students sitting their public examinations in the forthcoming weeks. Never doubt your capacity to attain success as there is something in all of you that makes you capable of achieving great things. Push yourself beyond limits and remember, discipline, perseverance and self-belief are the keys to success.