

Lord's Cricket Match

On 10th May, some of our Year 9 and 10 cricket enthusiasts went on a trip to Lord's Cricket Ground. They were met by the army who assigned one soldier to every school present to be an escort and premises guide. The students went to the indoor Astro, where a magnificent trophy stood and where countless cricket heroes have completed their training. They played various ball games that helped them to warm up, develop movement skills, hand-eye coordination, throwing and batting skills. They then went to the beautiful pavilion to watch the women's MCC team play the Armed Forces team. After lunch, the Navy and Army played, with the Navy winning the toss and deciding to bowl. We were able to get a glimpse into the strategy and organisation of how the Navy planned the powerplay. Unfortunately, we were not able to see the match through before having to return, but the weather provided for a very enjoyable experience.



Athletics Meet

On 10th May, the Year Nine and Ten athletics teams competed at the Hillingdon Borough Athletics meet. The teams performed extremely well and gained more medals than last year, as well as improving on their overall position. Many congratulations to our star athletes for their medals: Gurmnnat Pannu (Year 9) who claimed silver in the shot put, Dennis Sokolaj (Year 9) who claimed bronze in the discus, Yakub Mustapha (Year 9) who claimed silver in the long jump and Omar Hussein (Year 10) who claimed bronze in the long jump. Congratulations to all who competed, you represented the College admirably.

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.



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| May- June 2023 | |
| May | |
| Monday 24th | Yr 8 BBQ |
| Monday 29th - Friday 2nd | Term Holidays |
| June | |
| Tuesday 12th - Thursday 22nd | Year 10 Examination |

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|  | | Week Commencing: <i>Monday 22nd January</i> | |
| MENU 3 | | | |
| 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 | | | |

Year 10 Examinations

Year 10 will be sitting their end of year examinations from Tuesday 12th June to Thursday 22nd June 2023. These examinations will give the students an understanding of what level they are working at and will allow teachers to put in key interventions as we move towards Year 11. Your child has been given a Revision Guide and an Examinations Guideline Booklet which will aid them for these exams and all exams moving forward towards their final GCSEs. Please do read the guidelines booklet as it has valuable information about exam regulations and top tips for success. Good Luck to all Year 10 Students.