



Compass Workshop

On 6th to 8th June we had our annual compass workshop at the three primary schools within the trust, whereby our Year 7 students go along and work as maths coaches to the Year 6 pupils. The primary pupils were actively engaged and appreciated the support given to them by our helpful Hewens students and mathematics teacher. Thank and well done, you were brilliant ambassadors for the College, and the Year 6 pupils reported having a really informative, fun workshop where they learned how to use compasses and other mathematical skills, ready for secondary school in September



Annual Borough Tournament

On Wednesday 7th May Year 7 and Year 8 athletics team took part in the annual borough tournament. The results were phenomenal. Medals were gained by the following students - Shelem Nkosi - Silver Shot Put, Ashenafi Zewdu - Bronze Long Jump, Zaki Dawud - Silver 800m, Zakir Dawud - Bronze 200m. Well done to all the participants who displayed great enthusiasm and sportsmanship.



Year 11 Prom

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!



Sports Day

Hewens college is delighted to inform you that the Trust will be holding its Sports Day at Hillingdon Athletics Stadium, 1 Gattang Way, Uxbridge, UB8 1ES. Students are expected to make their own way to and from the venue on the following days:


Thursday 13th July – Year 8 & 9 students only

Friday 14th July – Year 10 & 11 students only

The day will run from 9.30am to 3.00pm with various athletic events for the students to participate in. Unfortunately, there is limited parking and therefore spectators will not be permitted. Students are required to bring a packed lunch or a healthy snack as well as water or drinks for the day (no fizzy drinks or cans) however, students receiving free school meals will be given a packed lunch supplied by the college. As representatives of the college, all students must wear their full College PE kit and students are expected to adhere to our code of conduct at all times. College PE kit is a compulsory part of our uniform. Please ensure your child is in correct PE kit. If any behaviour is deemed inappropriate, students may be returned to college. Kindly contact Hewens College on 0208 573 1039 for any further information required.

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|  | Week Commencing: Monday 19th June | |
| | 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 | Guorn 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 | | |

|  | June - July 2023 |
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| June | |
| Tuesday 12th - Thursday 22nd | Year 10 Examination |
| Friday 23rd | International Women Engineering |
| Friday 14th | Year 11 Prom |