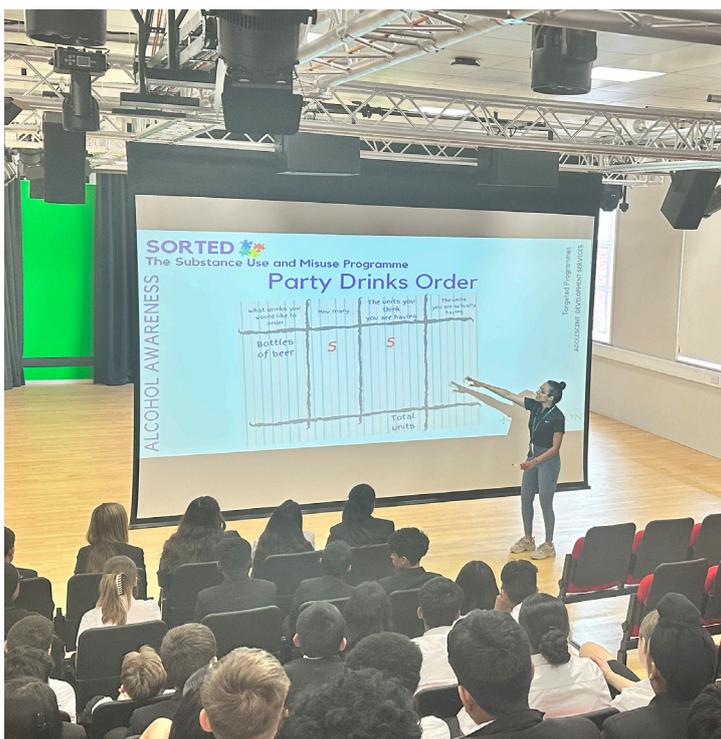
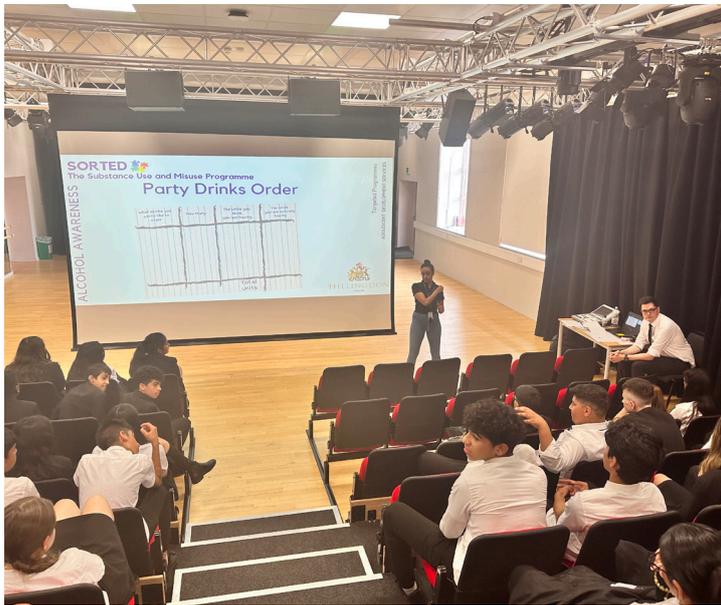


SORTED Assembly

Hewens College welcomed SORTED to present an alcohol awareness assembly. Our guest speaker was very informative and gave an in depth insight to students about the dangers of alcohol and how to lead a healthy lifestyle. The students found the assembly very informative and engaging



Year 7 Transition Day - Tuesday 4th July

This year, we are making provisions to welcome our new Year 7 students to the annual Transition Day for Hewens College. The event will take place on Tuesday 4th July and further details of our programme will be distributed to our new students shortly. We look forward to meeting our Year 7 cohort next month!

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 10 & 11 students only

Friday 14th July – Year 8 & 9 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.

| | | |
|---|--|--|
|  | Week Commencing: Monday 30th June | |
| | MENU 4 | |

| MONDAY | | |
|---|---|--------------------------|
| Meal Choice 1 | Beef Lasagne with Fresh Salad | Halal |
| Meal Choice 2 | Spaghetti Bolognese | Halal |
| Meal Choice 3 | Spaghetti Bolognese | Non Halal |
| Meal Choice 4 | Mediterranean Pasta Bake | Vegetarian |
| Meal Choice 5 | Bolognese with Gluten free Pasta | Gluten/Dairy Free |
| Vegetables | Broccoli and Cauliflower Florets | |
| Dessert Choice | Raspberry Jelly | Fresh Fruit and Yoghurts |
| TUESDAY | | |
| Meal Choice 1 | Chicken Sausages with Mashed Potatoes and Onion Gravy | Halal |
| Meal Choice 2 | Beef Tikka Masala with Rice | Halal |
| Meal Choice 3 | Beef Tikka Masala with Rice | 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 | Jam and Coconut Sponge | Fresh Fruit and Yoghurts |
| WEDNESDAY | | |
| Meal Choice 1 | Chicken New Yorker with Jacket Potato | Halal |
| Meal Choice 2 | Diced Lamb with Noodles and Vegetable Stir Fry | Halal |
| Meal Choice 3 | Diced Lamb with Noodles and Vegetable Stir Fry | Non Halal |
| Meal Choice 4 | Vegetable Stir Fry with Noodles | Vegetarian |
| Meal Choice 5 | Diced Lamb with Vegetable Stir Fry | Gluten/Dairy Free |
| Vegetables | Sweetcorn and Green Beans | |
| Dessert Choice | Vanilla Ice Cream with Peaches | Fresh Fruit and Yoghurts |
| THURSDAY | | |
| Meal Choice 1 | Mexican Chilli Mince Wraps | Halal |
| Meal Choice 2 | Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy | Halal |
| Meal Choice 3 | Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy | Non Halal |
| Meal Choice 4 | Cheese and Onion Tart | Vegetarian |
| Meal Choice 5 | Roast Chicken with Roast Potatoes and Gluten free Gravy | Gluten/Dairy Free |
| Vegetables | Peas and White Cabbage | |
| Dessert Choice | Chocolate Sponge | Fresh Fruit and Yoghurts |
| FRIDAY | | |
| Meal Choice 1 | Fish Cakes with Potato Wedges | |
| Meal Choice 2 | Fish Fingers with Potato Wedges | |
| Meal Choice 3 | Macaroni Cheese | Vegetarian |
| Meal Choice 4 | Gluten free Fish Fingers with Gluten free Potato Wedges and Beans | Gluten/Dairy Free |
| Vegetables | Roast Carrots and Cauliflower | |
| Dessert Choice | Custard Tart | 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 | | |

|  | July 2023 |
|---|--------------------------------|
| July | |
| Tuesday 4th | Transition Day |
| Thursday 13th | Year 10 & 11 Sports Day |
| Friday 14th | Year 8 & 9 Sports Day |
| Friday 14th | Year 11 Prom |
| Monday 10th - Tuesday 18th | Alliance Festival |
| Wednesday 19th | Early Staggered End of the Day |