

Home Cooking

Year 9 learnt important home cooking skills on how to create a treat from basic ingredients. They confidently used common pantry ingredients to make a treat. This practical gave students an insight on what they can make at home rather than buying in and the financial benefits of using what they have at home. Students adjusted the recipes and added different flavours to make tasty treats. It was a great lesson and they all enjoyed their new found cooking skills.



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!

NHS Careers Untapped

NHS England

NHS CAREERS UNTAPPED

A collection of London Hospitals and NHS England are delighted to share a series of podcasts and recorded webinars showcasing some of the lesser-known jobs and professions in healthcare.

This series is part of our ongoing Careers Untapped programme, aimed at young people aged 13 and above, who want to find out more about careers in the NHS.

Whether you know what your future career pathway looks like or not, join us to hear about roles in the NHS, directly from our frontline staff. The programme is completely free and can be accessed via the links below.

NHS Careers Untapped is brought to you by
Barnet, Enfield and Haringey Mental Health Trust, Camden and Islington NHS Foundation Trust, Croydon Health Services Trust, Great Ormond Street Hospital for Children, Guy's and St Thomas' NHS Foundation Trust, Kings College Hospital, North Middlesex University Hospital, St George's University Hospitals, University College London Hospital, Whittington Health

To listen to our podcasts only:
[CLICK HERE](#) or scan the QR code below

To listen to our podcasts and access our recorded webinars via our digital platform:
[CLICK HERE](#) or scan the QR code below

For any enquires please contact us at uclh.educationcentre@nhs.net

Sports Day

Hewens college is delighted to inform you that the Trust will be holding its Sports Day at Hillingdon Athletics Stadium, 1 Gattings 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.

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| | Week Commencing: Monday 10th July |
| 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 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> | | |

| | July 2023 |
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| July | |
| 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 |