



FRIDAY 7TH JULY, 2023

CONTACT US ON

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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.





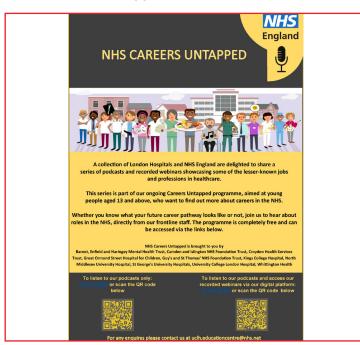




Year 11 Prom

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



Sports Day

Hewens college is delighted to inform you that the Trust will be holding its Sports Day at Hillingdon Athletics Stadium, 1 Gatting 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 you 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 10th July

MENU 1

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	3		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, Peas and White Cabbage		
Dessert Choice	Jam Sponge	Fresh	Fruit and Yoghurts
WEDNESDA	Υ		
Meal Choice 1	Tuna Pasta Bake		
Meal Choice 2	Chicken Tikka Masala with Rice		Halal
Meal Choice 3	Il Choice 3 Chicken Tikka Masala with Rice		Non Halal
Meal Choice 4	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



July 2023

July			
Thursday 13th	Year 10 & 11 Sports Da y		
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		