

## 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 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 [ucdh.educationcentre@nhs.net](mailto:ucdh.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.

	<b>Week Commencing: Monday 10th July</b> <b>MENU 1</b>
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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, Peas 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 Chili 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
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	
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