

First Aid

First Aid is an invaluable life skill. It helps children become more risk aware and equips them with skills to keep themselves safe. Our students in Year 7 took part in First Aid Training today. They learnt about what to do if someone needs medical attention so that they remain calm and confident. Year 7 enjoyed debating how they might support each other if faced with a situation that may require medical attention. It was wonderful to see and hear such insightful responses when discussing a range of case studies.



MyHealth Asthma Workshops

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is:

- Asthma attacks
- Asthma triggers
- Inhaler techniques
- Asthma action plans

The workshop is run online using ZOOM you can register your FREE place [HERE](https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397).

<https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>. All sessions are from 4 - 5pm and current dates are:

Monday 2nd October

Monday 6th November

Monday 4th December

You can also contact the MyHealth team on tel: 01895 543 437 or nhsnwlfccg.myhealth@nhs.net.



FREE Virtual Asthma Workshop's

October	November	December
2nd	6th	4th

4pm - 5pm

The workshop is run online using ZOOM you can register your FREE place by scanning the QR code

nhsnwlfccg.myhealth@nhs.net 01895 543 437

WHAT'S INCLUDED IN THE WORKSHOP ?

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
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SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE

College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.

Should there be an opportunity for the College to host an internal event, it is essential that students continue to project a positive image of the College. As such, all students are required to wear full college uniform in order to participate in special events.

Home/College Communication

We believe that strong communication links between the College and parents, guardians and carers are vital in supporting students in achieving their personal best. Research has shown that students' academic progress achievements are significantly influenced by the extent of parental involvement and interest in their education. The College communicates with parents, guardians and carers in a variety of different ways:

- Verbal: in meetings, by telephone
- Events: information evenings, open evening, academic tutoring
- Written: letters, notes in planners, newsletters
- Electronic: notices posted on the College website, text messages and email


Results from the latest surveys indicate that the majority of our parents, guardians and carers are happy with the quality and quantity of home/college communication.


However, if you have any suggestions for further improving communications, please let us know as we are always receptive to new ideas and initiatives.

Punctuality

We would like to remind parents, guardians and carers of the importance of all students having a positive start to their day by arriving at college at 8:45am.

All students are expected to be in college for morning registration at time. If you receive a communication from the College that your child has been late on more than one occasion, please discuss this with them and support them so that they arrive at college on time. Students who are persistently late will be referred to the Educational Welfare Officer.

 SEPTEMBER to OCTOBER 2023	
SEPTEMBER	
Thursday 28th	Year 7 Open Evening
Thursday 28th	Flu Vaccination
OCTOBER	
Monday 23rd to Friday 27th	Half Term

	Week Commencing: Monday 18th September	
	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	Quorn 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		

Open Evening

On Thursday 28th September we will be hosting our annual Year 7 Open Evening to all our prospective Year 7 students, providing students and their parents, guardians and carers with the opportunity to discover firsthand what is on offer at Hewens College. At this moment in time, we are unable to provide precise details as to whether this will be a virtual or an in-person event. As such, please visit the College website nearer to the time for finalised information and any changes in restrictions. We also encourage you to read our prospectus and follow our social media channels for an insight into life at Hewens College.