

Food Technology

Year 8 students have been working on packaging for their Design and Technology lessons. They were tasked with designing a food bag to advertise healthy eating. Once the bags were complete, the next step was making a packed lunch or snack. Students made healthy wraps, learning about the benefits of avocado, watercress and a variety of other ingredients to create a wrap that was packed with vitamins, fibre and energy. They tried different ingredients for the first time and learnt about the different ways they could work with them, using a mixture of dominant ingredients to disguise flavours in order to get all the vitamins they wanted in their wraps. This motivated them to make healthier choices and also try different foods. They were delighted with the outcome of their meals as well as the aesthetically-pleasing vibrant packaging for their snacks.



Sports Stars

On Monday 27th June, Ashenafi Zewdu and Muhammed Sakhi represented Hillingdon Borough in the Junior Middlesex Athletics Championships. Ashenafi finished 3rd in the long jump, receiving a bronze medal. Muhammed finished 1st in the Shot Put, receiving a gold medal. This is a huge achievement from the students, especially as they were competing against the best athletes in the county. To have the third best long jumper and the best shot putter is an incredible achievement. Congratulations to our medallists who have demonstrated extraordinary strength, passion and determination leading to your own personal triumphs.

Alliance Challenge - Monday 11th July

Our annual Alliance Challenge will take place the week beginning Monday 11th July. All students will participate in a number of exciting events in different subjects under the theme of the Olympics. Each event will be aligned to the Olympic motto - Faster, Higher, Stronger, and the week will culminate with our much-anticipated Sports Day. The week promises to be a fun-filled, action-packed celebration and a great way to end the academic year!

Sports Day - Friday 15th July

The Sports Day for students in Years 7 to 10 will take place on Friday 15th July. All games will take place on the sports field as done in previous years, weather permitting. All students are required to wear the full and correct Physical Education (PE) Kit for Sports Day. If your child requires a PE Kit, please make sure you place an order via iPayimpact in advance to ensure its arrival prior to your child's Sports Day. All students will also need their own water bottle which must be clearly labelled with their name.

Year 11 Prom - Friday 15th July

The time has come... Only one week to go until the long-awaited Year 11 Prom! Taking place on Friday 15th July from 7:00pm to 12:00am, this event will mark the end of Key Stage 4 for our Year 11 cohort. Please note, all attendees are advised to take a lateral flow test the evening before and the morning of the Prom. We look forward to seeing you all there!

A Level Results Day - Thursday 18th August

Students who are due to receive their A Level examination results on Thursday 18th August will need to collect these from the Post 16 Centre at Parkside Studio College between 9:00 and 11:00am. A letter outlining a more comprehensive insight into results collection will follow shortly.

GCSE Results Day - Thursday 25th August

Students who are due to receive their GCSE examination results on Thursday 25th August will need to collect these from Hewens College between 9:00 and 11:00am. A letter outlining a more comprehensive insight into results collection will follow shortly.

The Heat is on at Hillingdon Lido

As Year 11 students have finished their examinations, Hillingdon Lido will be the perfect way for them to let off some examination pressure this summer at its heated outdoor swimming pool! This will be a great way for students to stay fit and focused whilst helping them de-stress from their examination timetables. Sessions are for all ages and abilities, for fun and fitness.

The sessions are taught by experienced, qualified teachers, following Better's (the largest provider of swimming lessons in the UK) industry-leading programme in a fun and progressive environment. For more information, please visit <https://www.better.org.uk/leisure-centre/london/hillingdon/hillingdon-sports-lc>. To book your place, please visit <https://www.better.org.uk/what-we-offer/activities/lidos>.

Apprenticeships - We're hiring!

Is an apprenticeship the right path for your child?

- Does your child want to learn and earn at the same time?
- Do they have an interest in learning specific skills whilst learning valuable employability skills?
- Is your child looking to start a career from September?
- Is your child 16 or over?

If the answer is YES, then an apprenticeship may be the right choice for your child's future career path! We want to hire career-driven, motivated and hardworking students who want to further develop their employability skills and join us as a member of our team whilst they learn and earn!

Current Apprenticeship Vacancies:

- Customer Service Assistant (Level 2)
- Hospitality and Catering Assistant (Level 2)
- Business Administration Assistant (Level 3)

If your child is interested in any of these roles and are available to start this September, then we want to hear from you!

Visit our website to apply, or contact Lisa Mills to find out more!

Apply Now: <https://www.hewenscollege.co.uk/apprenticeships>

Phone number: 07852 827869

Email: lmills@trhat.org

Lost Property

All lost property enquiries should be directed to the main reception of the College on 020 8573 1039. Items that are found on the campus that are clearly marked with the student's name are returned to the student as soon as possible. All unnamed items are kept by reception for students to check.

Launch of New Website

We are excited to announce the launch of our new, fully-featured website which is due to go live this September!

Complete with education-specific functionality, our new website will improve accessibility to our content and will feature a consistent and intuitive design to make navigation simple.

Some key features include: **Responsive Design** to ensure desktop/mobile optimisation, making it easier to use on all browsers and portable devices, **User Friendly Buttons** to enable you to navigate the site seamlessly, **Emergency Pop Ups** to alert you to crucial information which require urgent attention, **Powerful Communication Software** to improve communication, and much more.

Our streamlined website will provide a more interactive experience, enabling you to locate information quicker and easier and will keep you informed of the latest news.

Eliminating Racism and Discrimination Campaign

Thousands of young people experience bullying every day. Youth charity, The Diana Award is currently running Don't Face it Alone, an anti-bullying campaign encouraging young people to **#SpeakOutAboutBullying**. Becoming an upstander and actively speaking out against bullying takes courage, assertiveness, compassion and leadership. The campaign aims to get the nation talking about bullying and the positive steps that can be taken to prevent it. For useful guides, support packs and sage advice, please sign up at (<https://bit.ly/3QTXs53>).

This ties in with the Eliminating Racism and Discrimination campaign we are currently launching at Hewens College under the theme 'No More', involving both students and staff who will continue to make their stance known on the topic. Racial bullying can be overt and discernible or covert and harder to recognise, but both can have a significant impact on a child's mental health. The campaign will be a collective responsibility for all to learn about these forms of bullying, whilst encouraging everyone to respect and value diversity as we all have a major role to play in standing united in the fight against racism and combating racial discrimination.



JULY 2022

JULY		
Monday 11th		Alliance Challenge Begins
Friday 15th		Sports Day
Friday 15th	7:00pm to 12:00am	Year 11 Prom
Monday 18th		Cultural Fashion Show
Tuesday 19th		Summer Term Ends

		Week Commencing: Monday 11th July MENU 3
MONDAY		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	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	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	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		

Transition Information

For all those who were unable to attend the Transition Day and Evening on Tuesday 5th July, we have set up a page on our website to give you an insight into life at Hewens College.

All information for this event can be found at (<https://www.hewenscollege.co.uk/news-and-events/year-7-transition-information>) where you can also gain an understanding of our ethos and a sense of our community spirit.