

GCSE Success

Hewens College organised a successful GCSE success evening where we welcomed Year 11 students and their parents, guardians and carers to give them top tips on how to revise for their upcoming GCSE examinations. The session also provided them with some valuable revision resources. The evening was well attended by students with positive mindsets to reach their full potential; we are sure with some solid hard work they will reach that. Good luck!



Social media and Mental Health

What Parents & Carers Need to Know about
SOCIAL MEDIA & MENTAL HEALTH

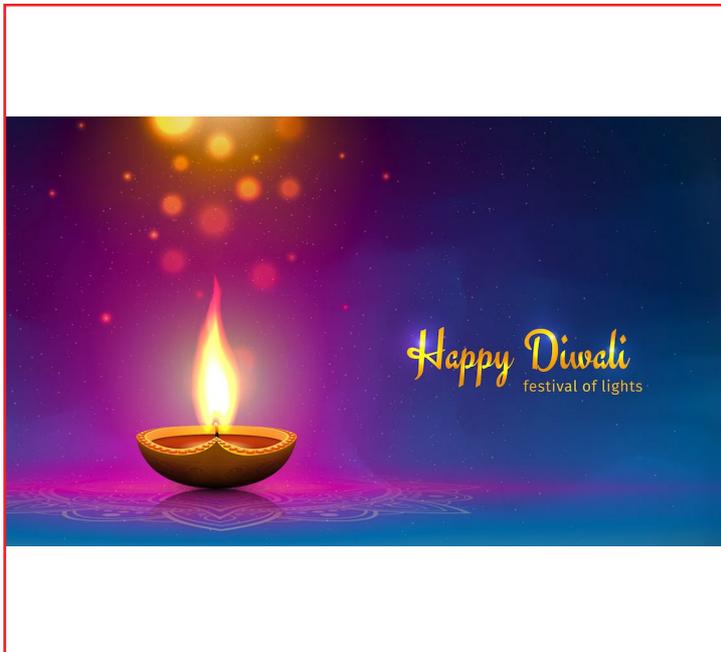
An estimated one - third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't ok... and knowing what to do about content that upsets them.

www.nationalonlinesafety.com
 [@natonlinesafety](https://twitter.com/natonlinesafety)
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Visit our college website to download the free Social Media and Mental Health Poster!



Happy Diwali / Bandi Chhor Divas



	November 2023
NOVEMBER	
Sunday 12th	Diwali / Bandi Chhor Divas
Monday 13th - Friday 24th	
GCSE Trial Examinations	

	Week Commencing: Monday 13th November MENU 1
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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	<i>Strawberry Ice Cream and Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Jam Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Lemon Tart</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Strawberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Fresh Fruit Salad</i>	<i>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		

Leave of Absence

Student absence during term time will only be approved in exceptional circumstances. Any planned term time leave of absence in such circumstances, must be requested in writing to the Principal prior to any travel arrangements being made. If the absence is not approved, but taken, it will be recorded as unauthorised. Please be aware that unauthorised absences could result in the issue of a fixed penalty fine and/or prosecution by the Local Authority.