



## FRIDAY 17TH NOVEMBER, 2023

CONTACT US ON

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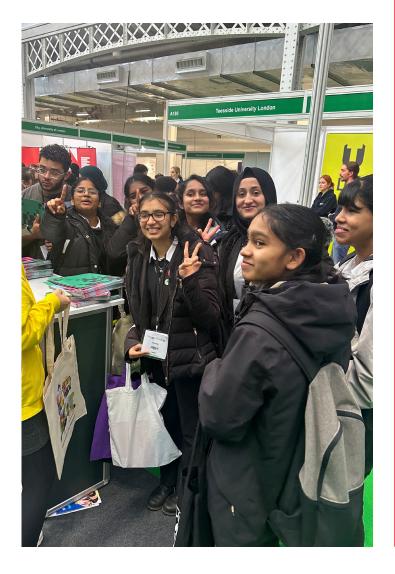
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## What University? What Career?

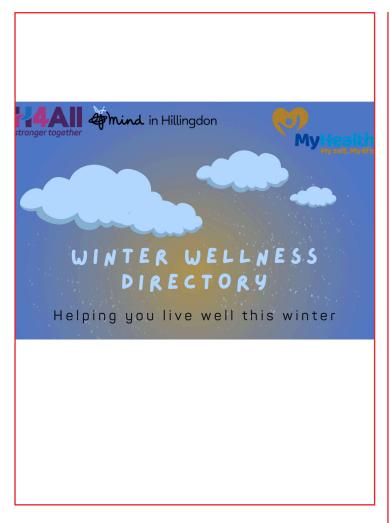
On Friday 10th November 2023, Year 11 students went to Olympia, London to attend the "What University? What Career?" event. Hewens College students were among various other students from other schools, all eager to find out information about their Post 16 and Post 18 choices. Most students found the event really useful, speaking directly to employers and university representatives about university courses and apprenticeships at from Level 3 (equivalent to A-levels) to Level 7 (equivalent to Masters degree). The students gained lots of knowledge and they feel more equipped to make informed choices about the future.











## **AVAILABLE SUPPORT SERVICES - Kooth**

Kooth is an anonymous, safe, confidential and nonstigmatised way for young people aged between 11 and 25 to receive counselling, advice and support online.

During this difficult time, it is a necessity to provide young people with as much mental health and wellbeing support as possible, thus Kooth works alongside various mental health and local services to provide a fully integrated service to best support young people free of charge. Please visit <a href="https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home">https://www.hewenscollege.co.uk/99/announcements/?from=home</a> for further information.

Checker I W II I I I I I I I I I I I I I I I I	meber 2023		
NOVEMBER			
Monday 20th - Friday 24th	A Level Internal Examination		
Tuesday 28th	My Bank Workshop		



Week Commencing: Monday 20th November

MENU 2

Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and		Halal
Meal Choice 2	Yoghurt Dip  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			Gluten/Dairy Free
Vegetables			, , , , , , , , , , , , , , , , , , ,
Dessert Choice			Fruit and Yoghurts
TUESDAY	,		3
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes		Halal
Meal Choice 2			Halal
Meal Choice 3			Non Halal
Meal Choice 4	<u> </u>		Vegetarian
Meal Choice 5	*		Gluten/Dairy Free
Vegetables	Peas and White Cabbage		
Dessert Choice	Chocolate Sponge	Fresh	Fruit and Yoghurts
WEDNESDA	Υ		
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	oice 5 Baked Jacket Potato with Salad and Beans		Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans		
Dessert Choice	ert 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		
essert Choice   Vanilla Cheesecake   Fresh		Fruit and Yoghurts	
FRIDAY			
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato	Wedge	s
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

## Hillingdon's Warm Welcome Centres

Hillingdon's libraries and some faith and community buildings are offering residents a warm and friendly place to enjoy some company, buy a hot drink and get help and advice on how to stay warm and healthy during the colder winter days. Find your local Hillingdon Warm Welcome Centre and access the Winter Wellness Directory\*, a useful guide to help you stay well throughout the colder months at: <a href="https://www.hillingdon.gov.uk/warm-welcome-centres">https://www.hillingdon.gov.uk/warm-welcome-centres</a>